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Woman dead after shelter blaze

FIRE A 61-year-old woman is dead after a fire broke out at a women's shelter in downtown Ottawa Sunday night.

According to the Ottawa Fire Department, a fire broke out at a three-storey building at 515 Maclaren St. just before 10 p.m.

"It started in a second-floor apartment, and was contained to the same, but there was heavy smoke on the second and third floors," said district Chief Al Darling.

A 61-year-old woman suffered burns to 80 per cent of her body, said Ottawa paramedic spokesman J.P. Trottier.

"She still had vital signs when she came out, and paramedics began treatment right away," he said. "She lost all vital signs and after resuscitative measures, she was declared deceased."

Darling said there were between 15 and 20 women living at the shelter.

TRACEY TONG/METRO OTTAWA

News on the Move
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Food pg 22

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Prince Charles **A capital touchdown**

PAWEL DWULIT/THE CANADIAN PRESS

Prince Charles arrives at Ottawa International Airport yesterday. The royal couple will meet with federal politicians in Ottawa today before making a quick trip to Montreal. They return tonight and take part in the Remembrance Day ceremony at the National War Memorial in downtown Ottawa tomorrow morning. Thursday sees an official departure ceremony at the Ottawa International Airport.

Banding to blast bid

Politicians gather to oppose Lansdowne sole-source process

STEVE COLLINS
for Metro Ottawa

Former NDP leader Ed Broadbent joined city councillors Clive Doucet, Diane Holmes and Jacques Legendre yesterday to oppose the sole-sourced redevelopment of Lansdowne Park and call for the re-opening of a competitive bid process.

"I would love to see the Lansdowne Park project opened up to international competitive bidding to get the best design, the best quality, the best dollar value for the people of Ottawa," he said. Broadbent credited international competition for such notable buildings as Toronto's city hall, when Finnish architect Viljo Ravel's design was chosen from among 520 submissions.

"I would love to see the Lansdowne Park project opened up to international competitive bidding to get the best design, the best quality, the best dollar value for the people of Ottawa."
Ed Broadbent, former NDP leader

Doucet pointed to letters from other politicians, including Green party Leader Elizabeth May, NDP MP Paul Dewar, Liberal MPP Yasir Naqvi and former PC cabinet minister Flora MacDonald as evidence of the growing opposition to the city's proposed public-private partnership with Ottawa Sports Entertainment Group for Lansdowne Park.

"It is a very, very rare occasion when politicians abandon their partisan concerns … and join together in a common cause," Doucet said. "They're doing so today because sole-sourcing is a governance issue that applies to all governments, and no party wants to be associated with it."

"Recently, our government eliminated sole-sourced contracts for consulting within the Government of Ontario and its agencies," said Ottawa Centre MPP Yasir Naqvi.

Holmes blamed the lack of competing designs for the amount of retail space in the Lansdowne Live plan, and held up the Rideau Centre as an example of the likely effect on local business.

"That Rideau Centre sucked up so much square footage of retail that the surrounding streets have been working hard to recuperate for 25 years," she said.

City council votes on Lansdowne Park on Nov. 16.

Clinic lines shorter: Top doc

Flu **Outbreak**

TRACEY TONG
tracey.tong@metronews.ca

With wait times and lineups at city-run H1N1 vaccination clinics "steadily decreasing over the last two days," Ottawa's medical officer of health said it's possible Ottawa may be getting close to a saturation point for vaccinating residents in priority groups.

"My best estimate is individuals in the priority groups that are most interested in getting this vaccine now have had the opportunity to do so," said Dr. Isra Levy. "As the last two weeks have progressed, the lines have become more manageable."

Doses

- Vaccination clinics in Ottawa have now delivered between 135,000 and 140,000 vaccines to Ottawa residents in priority groups, Levy said yesterday.

Ottawa public health announced that while the 30,000 remaining doses are expected to last until tomorrow, another shipment of vaccines is also expected that day.

Although the city is awaiting word from the provincial and federal governments about a longer-term vaccine supply, Ottawa may soon "have the capacity to widen our vaccination priority groups.

"This is not possible though, until we get a consistent steady supply of vaccine, and until we get direction from the provincial government," Levy said.

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Local

Relive history at Remember November

This November, the National Capital Commission invites residents and visitors to relive history through a multimedia or audio experience or curriculum-based program. Available to watch or download at www.canadascapital.gc.ca or at the Capital Infocentre, Remember November details the stories — through letters, journal entries and military records — of three Canadian soldiers who fought and gave their lives for their country. METRO OTTAWA

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News in brief

VETERANS The Ottawa Chamber Music Society and the Cantata Singers of Ottawa present For the Fallen, a concert in honour of Canada's veterans at 8 p.m. this Saturday at Dominion-Chalmers United Church. Tickets are available at www.chamberfest.com.

GIVE BLOOD Through Saturday, Canadian Blood Services is encouraging you not only to wear red for the troops, but to give red. Call 1-888-2-DONATE to set up an appointment to give blood in honour of the Canadian Forces. METRO OTTAWA

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What's online today.

Blogs Fashion columnist Kenya Hunt picks a surprise contender for shoe of the season

Lotteries

Ontario Pick 3: 703; **Ontario Pick 4:** 8381
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Professional fan fearless

City man travels, goes 'nuts' at games — and gets paid for it

TRACEY TONG
tracey.tong@metronews.ca

SUBMITTED PHOTO

Ottawa native and professional fan Cameron Hughes gets the crowds riled up at a World Junior A game in Nova Scotia Sunday. Hughes got his start at a Sens game back in 1994 and has been getting fans going since.

Think your job is cool?

Then you probably haven't met Ottawa's Cameron Hughes.

From hockey to basketball and sledge hockey, lacrosse and women's softball, Hughes' job as a professional fan is to get the crowds excited — and keep them that way.

Born and raised in Ottawa, Hughes' career began at an Ottawa Senators game on Jan. 9, 1994, when he got up in the stands "and started going crazy.

"It was a completely spontaneous moment," said Hughes. "But the crowd responded."

The big surprise was what came after.

A rep for the team approached him and asked him to come back.

"It was the weirdest meeting," Hughes remembered. "It was totally unscripted and it wasn't premeditated. Suddenly, I was coming back for multiple games, then I got paid to do it, then I got a manager and was touring the country."

Thirteen years and over 900 events later, Hughes' full-time gig has taken him to as far as California, to New York for a Knicks game and the Grey Cup in Montreal last year.

He also does corporate and public speaking — about the impact of being a leader and how to stand out in a crowd — and as Pepsi/Gatorade/Hockey Canada's Join the Cheer ambassador, launched a new national cheer at a World Junior A game in Nova Scotia over the weekend. He'll be coming to Ottawa this Friday.

Now 38, he's gotten better with time, he said.

"I'm way better at interacting," he said. "You're connecting with people and moving them. It's a muscle you've got to work."

But it's not always easy — last night marked his ninth in nine different hotels in a row. Being on the road also takes its toll on relationships, "and I don't see my family as much as I'd like."

The job is also physically demanding — he's lost his voice completely and has clapped so much that his hands bled.

The secret to being a professional fan? Being fearless. "I'm willing to get up in front of people and go nuts … it's all about attitude," he said. "When you get up there, you have to own it. Every time I perform a game, I try to make it feel like that first night in Ottawa."

Construction up among all housing types

REALTY The demand for new homes in Ottawa is back up to where it was this time last year, the Canada Mortgage and Housing Corporation said yesterday.

Total housing starts in the Ottawa Census Metropolitan Area reached 740 units in October.

While construction went up among all housing types, single-detached homes were the most popular, accounting for 40 per cent of all starts.

"Single-detached construction was the second highest so far this year," said Sandra Pérez Torres, senior market analyst at CMHC. "The presence of first-time buyers was felt as they kept demand high for new semi-detached homes and townhomes."

There was also growth in the apartment segment last month, making for the second best month this year, Perez Torres added.

While the outskirts of the city and Goulbourn were the locations of choice among repeat buyers, Kanata and Gloucester were the preferred choices among many first-time buyers.

TRACEY TONG/METRO OTTAWA

City man charged in cases of inappropriate touching

Ottawa police have identified and charged a man after investigating several reports of inappropriate touching in Kanata that occurred over a two-week span.

Police said at 9:45 a.m. on Oct. 22, a 17-year-old woman was waiting for a bus on Steeplechase Drive near Forillon Crescent. A male got onto the bus with her and sat down beside her. The woman was inappropriately touched.

On Nov. 4, the same male sat down beside the same woman on another OC Transpo bus, where she was inappropriately touched again, police said.

On Nov. 3, at approximately 8:30 a.m., two girls, ages 14 and 15, were waiting for a bus on Steeplechase Drive near Inwood Drive. A male engaged in conversation with both girls. One of the girls was inappropriately touched.

Between mid-October and the beginning of November, police say a male repeatedly followed a 24-year-old woman in the Kanata area. She was inappropriately touched on two occasions while riding an OC Transpo bus.

Police charged a 38-year-old Ottawa man with four counts of sexual assault, one count of sexual interference and one count of criminal harassment.

Sameh Tawfik Nasr appeared in court yesterday.

TRACEY TONG/METRO OTTAWA

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Screening of Battleship Potemkin going on at Mayfair Theatre
Mayfair Theatre is presenting a Remembrance Day screening of Sergei Eisenstein's 1925 classic Battleship Potemkin, which pioneered the use of montage editing to dramatize a Russian naval mutiny with a live musical score. METRO OTTAWA

Celebrating Canada's navy

Book examines 100 years of Canadian Navy history

TRACEY TONG
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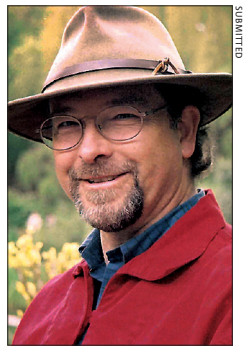
As Canada celebrates its naval centennial in 2010, an Ottawa resident and command historian for the Canadian Navy has released a new book chronicling its last century.

"The navy has been around for 100 years," said Dr. Richard Gimblett, who is also a former serving officer. "It's made important contributions to the security of our country, through two world wars, the Cold War and in the modern period. The navy made a lot of history and is continuing to make history."

But a reason why the Canadian Navy doesn't get as much attention as the army or air force, he said, is because "when ships leave port, you don't see them anymore.

"It's hard for people to relate to what the navy does. It operates out of sight of land, and ships operate miles apart from each other. It doesn't make good visuals."


SUBMITTED

Historian for the Canadian Navy Dr. Richard Gimblett has released a book on Canada's naval centennial.

The Naval Service of Canada, 1910-2010: The Centennial Story — of which Gimblett is a contributor and the editor — starts at the establishment of the navy in 1910.

"It was a major step in Canada's rise to nationhood within the British Empire," said Gimblett. "Prime Minister (Wilfrid) Laurier decided that as a part of Canada's growing autonomy, it needed to have its own navy."

It was a very controversial decision at the time, said Gimblett.

"Many people thought it was an expense that a young country didn't have to go through. Ships and people both cost a lot of money. Because of its complexity, the navy is a very expensive undertaking. Most people said the Royal Navy could look after us quite nicely, but … we needed a separate navy to look after separate Canadian interests."

The book leaves off at the modern day anti-piracy patrols in Somalia, he said, where high-speed powerboats go out and highjack merchant ships.

"The navy has been an important element in Canada's contribution to global security," said Gimblett. "We have ships deployed around the world almost all the time."

Gimblett and Chief of the Navy, Vice-Admiral Dean McFadden, will be launching the book at the Armories downtown next Monday.

News in brief

VETERANS Through tomorrow, OC Transpo and Société de transport de l'Outaouais are honouring war veterans for National Veterans' Week. Veterans who wear their medals and/or uniforms, along with their companions, ride free on OC Transpo and STO buses. Also, both bus services will observe two minutes of silence at 11 a.m. on Remembrance Day. Where it is safe to do so, buses will pull over to the side of the road.

TRACEY TONG/METRO OTTAWA

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Quebec City mulls Olympic bid
Quebec will spend $1 million to assess whether its capital city can put together a bid for future Winter Olympic Games, according to CBC News Online. METRO NEWS SERVICES

Canada

Afghanistan wants vaccine help

Afghanistan is calling on the international community to donate H1N1 vaccine so it can to fend off the swine flu pandemic, but it is unlikely to get any doses from Canada. Canada's ambassador to Afghanistan says because of shortages in Canada, it will probably be unable to provide any shipments of the vaccine. Bill Crosbie, left, says discussions are underway to determine what other ways Canada will be able to help Afghanistan fight the spread of the virus. THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

Gov. Gen. Michaëlle Jean touches Master Cpl. Jody Mitic, left, yesterday as she presents him with the new Sacrifice Medal as Prime Minister Stephen Harper, right, and Chief of the Defence Staff Walter Natynczyk look on during a ceremony at Rideau Hall. Of the first 46 medals, 21 are posthumous awards.

Sacrifice Medals presented

New award honours any member of military who dies while serving

A clearly emotional Gov. Gen. Michaëlle Jean presided yesterday over the first presentations of the new Sacrifice Medal.

Of the first 46 medals, 21 are posthumous awards.

The medal is awarded to members of the Canadian Forces, or civilians working with the Forces, who are killed or wounded by hostile action or to any member of the military who dies because of a service-related accident or disease.

The Governor General told the soldiers and families assembled at Rideau Hall for the ceremony that Canadians share their pain and grief.

"You are not alone," she said.

She said she met many family members during sombre repatriation ceremonies at Canadian Forces Base Trenton, where the bodies of soldiers killed in Afghanistan return home.

"Many of you have shared your pain with me," she said.

Jean, who is titular commander-in-chief of the Forces, paid tribute to those who have fought and are fighting still in Afghanistan.

"I must bow my head before you, to pay tribute to you and to express my respect and gratitude."

> **"I must bow my head before you, to pay tribute to you and to express my respect and gratitude."**
> Gov. Gen. Michaëlle Jean

She said their sacrifices have become part of the country's collective history.

Prime Minister Stephen Harper was on hand for the ceremony honouring the Forces members and offered his thanks.

"Time and again, Canadians have proven themselves to be among the bravest, most skilled and most successful soldiers, sailors, airmen and airwomen on earth," he said. THE CANADIAN PRESS

Conservatives win Nova Scotia bastion

BYELECTION The Conservatives reclaimed a former stronghold in Nova Scotia in one of four federal byelections last night and were locked in a tight battle with the Bloc Québécois in a Quebec riding.

The Tories and Bloc were see-sawing for the lead in Montmagny-L'Islet-Kamouraska-Riviere du Loup in Quebec's lower St. Lawrence region.

The Bloc easily took another Quebec riding, more than doubling the NDP tally in Hochelaga in east-end Montreal.

In Nova Scotia, the Tories won Cumberland-Colchester-Musquodoboit Valley, easily fending off a challenge from the NDP.

The Conservatives had held the riding for years until 2008, when Bill Casey — punted from the Tory caucus over criticism of the 2007 federal budget — swept to victory as an independent.

Results were pending from a fourth byelection in the British Columbia riding of New Westminster-Coquitlam.

The Bloc Québécois filed a police complaint over what it described as sabotage in one byelection last night.

The Bloc says it contacted police after someone impersonated one of its members in a phone call yesterday to voters in eastern Quebec. It says someone pretending to be Bloc MP Christiane Gagnon left bizarre, recorded messages urging people to vote for her colleague, Nancy Gagnon. THE CANADIAN PRESS

'No return' from wall: PM

ANNIVERSARY A massive chunk of the Berlin Wall, which has rested in a government conference centre largely out of public view for years, will be moved to the Canadian War Museum.

Prime Minister Stephen Harper made the announcement to mark the 20th anniversary of the fall of the wall yesterday, the fabled dividing line between East and West. "The point of no return was reached 20 years ago today, on Nov. 9, 1989," Harper said at a brief ceremony next to the piece of the wall, a slab the size of a boardroom table daubed with colourful cartoons. "That is when, with the world watching, thousands of Germans from the east poured across a border that would soon cease to exist." THE CANADIAN PRESS

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Teen killed polar bear in self defence: Report
A teenage hunter trapped on an ice floe in Hudson Bay was forced to shoot a polar bear in self-defence as he waited to be rescued from the drifting sea ice, a spokesman with the Nunavut government said. THE CANADIAN PRESS

Run prompts climate talk

Scientists hope torch's visit to Arctic will raise awareness

VANCOUVER 2010 Games

As the Olympic torch continues its journey through Canada's north, some scientists are hoping it will shine an international light on the plight of the country's iconic mammal — the polar bear.

Environmentalists warn the symbol of the North is in grave danger because of climate change, yet neither Canadians, nor anyone from the international community has proposed anything concrete to save them.

As the Olympic torch passes across the Arctic at the height of polar bear season, advocates are hoping people will shift their focus from the Games and think about what's under threat from global warming.

"The Vancouver Olympics have a very strong northern aspect to them," said Andrew Derocher, wildlife biologist at the University of Alberta.

JONATHAN HAYWARD/THE CANADIAN PRESS

Torchbearer Brenda Eckalook is seen carrying the Olympic flame across the frozen bay in Resolute Bay, Nunavut yesterday. The Olympic flame is now on a 106-day cross-country relay which will end in Vancouver on Feb. 12, 2010 to mark the start of the Vancouver 2010 Winter Olympic Games.

"What we really need is to focus on addressing the issues that are facing places like Churchill and the North in general. The message has to be: 'We work together in the Olympics, we really have to be looking for these global solutions."'

The torch passed through Churchill, Man,. — the polar bear capital of the world — and the northern-most inhabited settlement of Alert on Sunday. It makes its way down through Nunavut yesterday before continuing into Quebec the following day.

Scientists like Derocher took advantage of the attention in Churchill over the weekend and made a presentation about the impact climate change has on the polar bear to a group of international corporate leaders and government officials visiting there.

Global warming is thawing sea ice, slowly destroying the crucial habitat and hunting ground of the polar bear, Derocher said.

THE CANADIAN PRESS

Old Queen's Park foes to battle over Toronto's city hall?

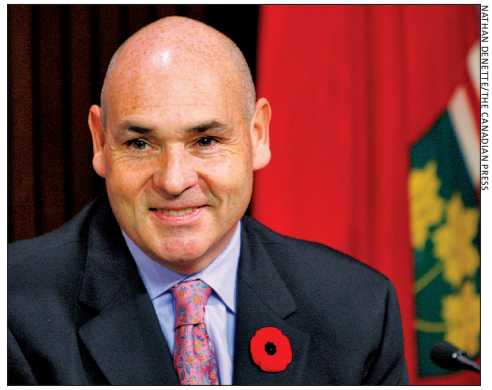
POLITICS The race for Toronto's next mayor is shaping up to be a showdown between two political foes who once battled it out in the Ontario legislature.

George Smitherman — Premier Dalton McGuinty's right-hand man and top enforcer — dropped out of cabinet yesterday to pursue a bid to be mayor, potentially pitting him against former Progressive Conservative leader John Tory.

Smitherman, who had been serving as energy and infrastructure minister, said he's taking the leap because his hometown needs him, not because he couldn't see a way to move up from being McGuinty's No. 2 man.

"Had I chose to remain, I think I have a very good future here," Smitherman said, adding that he's been given "extraordinary opportunities" in both the health and energy portfolios.

It was a "difficult choice," he acknowledged. He's 45 years old — "not exactly over the hill" for a provincial politician — and "deeply, deeply invested" in what the government is trying to accomplish.


NATHAN DENETTE/THE CANADIAN PRESS

George Smitherman smiles during a press conference after confirming that he will resign as Ontario deputy premier and minister of energy and infrastructure to officially run for mayor of Toronto yesterday.

Tory declined to comment yesterday on whether he'd throw his hat in the race, saying only that he's still giving it "serious consideration."

But he invited his would-be rival on his afternoon talk radio show, which Smitherman accepted.

Along with his provincial experience comes the political baggage of the eHealth scandal.

Tory was also largely responsible for bringing the untendered contracts at eHealth to light, which culminated in an auditor's report that found a lack of government oversight allowed consultants to run amok as the province spent $1 billion over 10 years to create electronic health records with little to show for it.

David Caplan, who took over the health portfolio from Smitherman, resigned over the scandal, prompting some to muse that Caplan fell on his sword to preserve his colleague's political ambitions.

THE CANADIAN PRESS

Pair of plane crash victims identified

ONTARIO The Cat Lake First Nation has identified two of the three men who were killed in a plane crash in a remote section of northwestern Ontario.

Russell Wesley, who coordinated the band's search for the plane, says Ronald Ombash and Dean Meekis both died in the crash, about 20 kilometres southwest of Cat Lake, after witnesses say the pilot aborted a landing at the Cat Lake airport Friday night.

He says Meekis, formerly of Deer Lake, and Ombash ran Cat Lake's youth programs and were well respected.

Wesley, who says he was related to both men, says their deaths are a great loss for the community and grief counselling has been made available to those who want it.

About 150 members from Cat Lake and Deer Lake conducted ground and water searches for the Cessna 310's wreckage, which was spotted by the crew of a Hercules airplane from CFB Trenton, Ont., Sunday night and a two-man crew parachuted into the densely wooded crash site.

THE CANADIAN PRESS

RCMP officer facing impaired driving charges for a second time
A Vancouver-area RCMP officer is facing impaired driving charges a second time, according to a report on CBC News Online. METRO NEWS SERVICES

Use schools, not close them: Report

Keep space for family services, group urges

The number of schools slated to close in Ontario now sits at 172 with the fate of 163 more hanging in the balance, according to a new report released yesterday by People for Education.

172 The number of school slated to close in Ontario is currently 172. As well, there are 163 more schools hanging in the balance, according to a new report by People for Education.

Instead of shutting the schools down, consideration should be given to keeping some open and using the extra space to set up child, family and youth resources and programs, the education advocacy group said.

"Children and families are like an eco-system. That health is connected to education, is connected to poverty, is connected to housing. That mental health is connected to youth engagement. Physical health affects kids ability to succeed," said executive director Annie Kidder.

"All these things are connected but we still don't have a framework."

The report says as well as their traditional purpose, schools could become community hubs providing services such as daycare, parenting centres, community kitchens, public libraries and health clinics.

Enrolment is down primarily because of declining birth rates and people moving, Kidder said. Even the substantial number of immigrants calling the province home isn't enough to make up the shortfall caused by people having fewer children.

The number of new students enrolling in Ontario's elementary schools has dropped by 15 per cent since 1997 and by 14 per cent in secondary schools since 2002, according to earlier figures released by the group.

By 2012, there will be 140,000 fewer students than seven years ago, according to the new report.

It also pegs the average number of students in elementary schools at 310, with secondary schools averaging 812.

"We're moving to a system of larger and larger schools. It doesn't necessarily make educational sense though," Kidder said.

THE CANADIAN PRESS

Fallen heroes **Tears for a loved one**

NATHAN DENETTE/THE CANADIAN PRESS

Mishelle Leigh Brown wipes tears in memory of her husband, Warrant Officer Dennis Raymond Brown, during a tribute to 15 fallen heroes at Queen's Park with Ontario Premier Dalton McGuinty yesterday in Toronto. Brown, along with two other soldiers, died on March 3 when a massive explosive detonated near their armoured vehicle in Arghandab district in Afghanistan. Since 2002, 133 Canadian soldiers and one diplomat have died as part of the mission in Afghanistan.

Analysis urges Buy Canadian policies

ANALYSIS Canada would be better off living with U.S. President Barack Obama's Buy American provisions than trying to strike a deal that gives up the autonomy provincial and municipal governments enjoy to enact their own buy-local policies, a new think-tank analysis suggests.

The briefing paper by the left-leaning Canadian Centre for Policy Alternatives — to be released today — concludes that Ottawa should focus its efforts on developing its own Buy Canada policy.

"Instead of tilting at the windmill of an unattainable exemption (from Buy American), our governments should emulate what is best in the U.S. buy-local procurement policies and employ them to benefit Canadians," the paper concludes. "This stance would undoubtedly irk certain American interests, but they could hardly cry foul." THE CANADIAN PRESS

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Supreme Court refuses to block Beltway sniper's execution

The U.S. Supreme Court has refused to block tonight's scheduled execution of sniper mastermind John Allen Muhammad. Muhammad is scheduled to die by injection at a Virginia prison for the slaying of Dean Harold Meyers at a gas station during a three-week spree in October 2002 across Maryland, Va., and Washington, D.C. THE ASSOCIATED PRESS

World

Russian H-bomb developer dead at 93

Vitaly Ginzburg, a Nobel prize-winning Russian physicist and one of the fathers of the Soviet hydrogen bomb, has died in Moscow. He was 93. Ginzburg won the 2003 Nobel Prize in physics for his contribution to theories on superconductivity, the ability of some materials to conduct electricity without resistance. In the early 1950s, Ginzburg was part of the Soviet government's hydrogen bomb program.

THE ASSOCIATED PRESS

Search on for survivors

Many dig with bare hands after landslides kill 130

Tears streamed down Elsy Portillo's badly bruised face yesterday as she walked behind coffins carrying her mother and only child in this town buried by a landslide, one in a series that killed at least 130 people in El Salvador.

Portillo's body was flung repeatedly against the walls as she fought to keep her seven-year-old son from being swept away in the powerful river of mud, boulders and floodwaters overtaking their home in the predawn hours Sunday.

"My little angel was taken away," she said, sobbing, her right eye swollen shut. "My little angel was taken away."

Days of heavy rains unleashed flooding and mudslides across this mountainous Central American country Sunday.

Soldiers and townspeople continued digging through rock and debris to search for the 60 people who remained missing yesterday. Collapsed walls and downed power lines prevented heavy machinery from entering. Many used their bare hands.

RODRIGO ABD/THE ASSOCIATED PRESS

Manuel Pontano, centre, sits outside his flooded home in Verapaz, El Salvador, yesterday.

Hopes of finding survivors dimmed with each passing hour.

THE ASSOCIATED PRESS

Shooting suspect reached out to radical imam: Official

TEXAS The U.S. Army psychiatrist accused of the Fort Hood massacre reached out to communicate with a radical imam overseas who in the past came under scrutiny for possible links to terror groups, a U.S. official said yesterday.

Maj. Nidal Malik Hasan sent electronic communications to the imam, Anwar al-Awlaki, according to this official, who was not authorized to discuss the investigation and spoke on condition of anonymity. Al-Awlaki, who was released from a jail in Yemen last year, writes a blog which, among other things, denounces U.S. policies as anti-Muslim.

Hasan's messages were picked up by U.S. counterterror officials, but an inquiry into the matter was shelved because the contacts were not deemed to suggest a threat, this official said. Investigators now are trying to determine whether Hasan has any links to terror groups.

Officials involved in the investigation said Hasan would be tried in a military court.

Authorities have not said when charges would be filed. Hasan remains under guard at a military hospital but began talking to doctors there yesterday.

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News in brief

WASHINGTON Israeli Prime Minister Benjamin Netanyahu yesterday called for an immediate resumption of peace talks with Palestinians and pledged more steps to improve economic conditions in Palestinian areas. Netanyahu reiterated to an assembly of Jewish groups his view that peace negotiations should begin with no preconditions. He made no new proposals on constraining Jewish settlements in the West Bank. Palestinian officials insist that Israel freeze settlement activity before talks resume.

SENTENCE U.S. federal prosecutors want a prison term of at least 27 years for a former Louisiana congressman convicted of taking hundreds of thousands of dollars in bribes. The case of William Jefferson, a Democrat who represented parts of New Orleans, made headlines when authorities found $90,000 cash hidden in his freezer.

THE ASSOCIATED PRESS

Two Canadians detained after 'huge' Michigan drug bust

A U.S. border agent piloting a Black Hawk helicopter interrupted a million-dollar drug deal at a remote Michigan airport, leading to the arrest of two Canadians who remained jailed yesterday. Another smuggler escaped in a Cessna airplane.

Matthew Moody, 32, and Jesse Rusenstrom, 20, both from the Windsor area, met the pilot on the runway of the Sandusky airport Friday night and loaded the drugs into a Toyota SUV, according to the Drug Enforcement Administration.

The small plane had landed in Michigan after crossing the U.S.-Canadian border.

Moody and Rusenstrom waived a detention hearing yesterday and agreed to remain in custody while their case moves through federal court in Detroit.

Authorities said they were captured with help from a border agent, T.J. Emerick, who spotted the suspicious aircraft while flying a Black Hawk helicopter and used a spotlight to keep track of the SUV. The drug plane was just 150 metres above the ground at times.

"It's a huge ecstasy seizure, bigger than what we usually see," Assistant U.S. Attorney Wayne Pratt said.

There were at least 45 kilograms of marijuana and possibly 500,000 ecstasy tablets worth US$1 million to $2 million, the DEA said.

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A message seeking comment was left with Moody's lawyer. The phone for Rusenstrom's lawyer was unanswered.

Joe Allen, manager of the Sandusky airport, about 145 kilometres northeast of Detroit, said it will consider a fence to prevent vehicles from meeting a plane on the runway.

"That's all we can do short of having 24-hour coverage," he said.

THE ASSOCIATED PRESS

Al-Qaida tape found in suspect's home: Lawyer

CHICAGO Two videos produced by Osama bin Laden's al Qaida network have been found in the home of a Chicago man accused of plotting an armed attack on a Danish newspaper, federal prosecutors said.

Bin Laden appears on one of the DVDs, describing the lives of four so-called martyrs "on behalf of Islam," and other footage focused on the cartoons depicting Prophet Muhammad published in the Copenhagen newspaper, prosecutors said in papers filed late Friday. Those cartoons sparked outrage in the Muslim world. The filings are part of prosecutors' efforts to bolster their case that Chicago grocery store owner and immigration counsellor Tahawwur Rana — who also operated an office in Toronto — should not be freed on bond pending resolution of terrorism charges against him and David C. Headley.

Rana's attorney, Patrick Blegen, has said Rana may be an innocent dupe of Headley.

According to federal prosecutors, Headley, also of Chicago, was in contact with terrorist leaders based in the tribal areas of western Pakistan about an attack on the Copenhagen newspaper, Jyllands-Posten, and twice scouted out the newspaper's offices in that city and Arhus in preparation for an attack.

Rana allegedly made Headley's travel arrangements for the trips to Denmark.

THE ASSOCIATED PRESS

Chocolatier makes edible Berlin Wall
A French chocolate-maker has celebrated the 20th anniversary of the fall of the Berlin Wall by building a 15-metre-long edible replica of the landmark. Award-winning chocolatier Patrick Roger used 900 kilograms of chocolate to build the wall over three weeks. THE ASSOCIATED PRESS

Historical figures for a historic anniversary

Gorbachev, Walesa take part in 20th anniversary celebrations of fall of the Berlin Wall

German Chancellor Angela Merkel and former Soviet leader Mikhail Gorbachev crossed a former fortified border yesterday to cheers of "Gorby! Gorby!" as a throng of grateful Germans recalled the night 20 years ago that the Berlin Wall gave way to their desire for freedom and unity.

Within hours of a confused announcement on Nov. 9, 1989, that East Germany was lifting travel restrictions, hundreds of people streamed into the enclave that was West Berlin, marking a pivotal moment in the collapse of communism in Europe.

Merkel, who grew up in East Germany and was one of thousands to cross that night, recalled that "before the joy of freedom came, many people suffered."

She lauded Gorbachev, with whom she shared an umbrella amid a crush of hundreds, eager for a glimpse of the man many still consider a hero for his role in pushing reform in the Soviet Union.

Tears sprang to the eyes of Uwe Kross, a 65-year-old retiree, who recalled seeing the start of the drama on Nov. 9, 1989, from his home, a block away from the bridge.

"That night you couldn't stop people," Kross said. "They lifted the barrier and everyone poured through."

Merkel also welcomed Poland's 1980s pro-democracy leader, Lech Walesa, to the former crossing yesterday, saying his Solidarity movement provided "incredible encouragement" to East Germans.

Memorials were also held for the 136 people killed by East German guards trying to cross the border.

THE ASSOCIATED PRESS

On the Wall
Quotes from yesterday

- "My clairvoyant skills and those of (then-chancellor Helmut) Kohl were up to nothing then. We did not think the wall would fall so fast."
  Former Soviet leader Mikhail Gorbachev

- "I don't cry easily, but there have been three moments in my life when I have followed world history on the TV and cried. When the Wall fell and was torn down, I was completely excited, emotionally stirred and simply just happy in the moment."
  German Foreign Minister Guido Westerwelle

- "Now we have to turn our attention to the challenges of the 21st century. A wall, a physical wall, may have come down but there are other walls that exist that we have to overcome and we will be working together to accomplish that."
  U.S. Secretary of State Hillary Clinton

THE ASSOCIATED PRESS

GERO BRELOER/THE ASSOCIATED PRESS

From left, former Soviet leader Mikhail Gorbachev, German Chancellor Angela Merkel and former Polish president Lech Walesa hold a picture showing cars and people at the border crossing after the fall of the Berlin Wall on Nov. 9, 1989.

GERO BRELOER/THE ASSOCIATED PRESS

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GERO BRELOER/THE ASSOCIATED PRESS

Giant dominoes placed along the former border in front of the Brandenburg Gate in Berlin fall yesterday in a symbolic act.

Domino effect a fitting tribute

Thousands of cheering Germans re-enacted the electrifying moment the Berlin Wall came crashing down — toppling 1,000 huge graffiti-adorned dominoes that tumbled past the Brandenburg Gate in the heart of the capital, celebrating 20 years of freedom from separation and fear.

Yesterday's spectacle — billed by organizers as a metaphor for the way the real Cold War icon came down and the resulting fall of communist countries in eastern Europe — was the finale after a series of memorial services, speeches and events marking the anniversary.

"Looking back, we can see many causes that led to the peaceful revolution, but it still remains a miracle," German President Horst Koehler told the leaders of all 27 European Union countries, Russian President Dmitry Medvedev and U.S. Secretary of State Hillary Rodham Clinton, who were invited to attend the ceremony, reflecting the profound change the fall of the wall had not only on Germany, but Europe and the world.

Angela Merkel — Germany's first chancellor to be raised in the former communist east — called the events of Nov. 9, 1989, an "epic" moment in history.

"For me, it was one of the happiest moments of my life," Merkel told a crowd of tens of thousands packed around the Brandenburg Gate.

In a video message screened at the main event, U.S. President Barack Obama paid tribute to the dissidents and demonstrators who ushered in the fall of the wall 20 years ago.

"Let us never forget Nov. 9, 1989, nor the sacrifices that made it possible," Obama said to applause and cheers.

Merkel also recalled the tragic side of Nov. 9 for Germans — the Nazi's Kristallnacht, or Night of Broken Glass — an anti-Semitic pogrom 71 years ago.

At least 91 German Jews were killed, hundreds of synagogues destroyed, and thousands of Jewish businesses vandalized and looted in the state-sanctioned riots that night.

"Both show that freedom is not self evident," Merkel said. "Freedom must be fought for. Freedom must be defended time and again. Freedom is the most valuable commodity in our political and social system."

THE ASSOCIATED PRESS

Swedish Lutheran church ordains first openly gay bishop

Sweden's Lutheran church said yesterday it had ordained its first openly gay bishop, just two weeks after it gave priests the right to wed same-sex couples. Eva Brunne was ordained as bishop of Stockholm's diocese in a ceremony on Sunday. THE ASSOCIATED PRESS

China executes nine over Xinjiang riots

China has executed nine men, including eight from the Muslim Uighur minority, for crimes committed during July riots that killed 200 people in far western Xinjiang region. The men are the first to be put to death for the country's worst ethnic violence in decades.

The nine had been convicted of murder and other crimes committed during the unrest, which began July 5 when Uighurs in the regional capital of Urumqi attacked Han people, who make up China's dominant ethnicity, only to face retaliatory attacks two days later.

Ethnic minority

- Many Uighurs, who are a Turkic Muslim ethnic group linguistically and culturally distinct from the Han, resent Beijing's heavy-handed rule in Xinjiang, their traditional homeland.

Four months after the riots, Xinjiang remains smothered in heavy security, with Internet access cut and most international calls blocked.

The official China News Service reported yesterday that the nine were executed after a final review of the verdicts by the Supreme People's Court, but it gave no specific date or other details.

Earlier reports had identified those condemned as eight Uighurs and one Han.

The timing of the executions was not especially fast for China, which puts more people to death than any other country, an estimated 6,000 people in 2007.

Politically sensitive cases are often decided in weeks, especially when they involve major unrest.

THE ASSOCIATED PRESS

Serbia **Thousands attend antifascism rally**

DARKO VOJINOVIC/THE ASSOCIATED PRESS

Protesters chant slogans as they attend an antifascism rally in central Belgrade, Serbia, yesterday. Several hundred people attended the protest to commemorate the International Day against Fascism and Anti-Semitism. Front banner in Serbian reads: Solidarity against Fascism.

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Murder suspect's military past probed

CLEVELAND Authorities are investigating whether a man whose home and yard harboured the remains of at least 11 people is connected to any killings in places he lived while in the military, including Japan, California and the Carolinas.

The FBI told Cleveland police that the agency will investigate any leads in the case against Anthony Sowell, 50, who served in the Marines from 1978 to 1985, said Scott Wilson, an FBI spokesman.

FBI behavioural specialists visited the property during the weekend and will try to develop a profile of the killings that could help determine whether investigations need to be opened or reopened elsewhere, Wilson said.

Sowell was stationed at various times at South Carolina, North Carolina, Okinawa, Japan and Camp Pendleton, Calif.

Charges

- Sowell has been charged in Cleveland with five counts of aggravated murder in connection with the bodies found at the home.

The city of East Cleveland is also reviewing three unsolved slayings in 1988 and 1989, after Sowell returned there from service in the Marines and before he went to prison for attempted rape, said Sgt. Ken Bolton, a detective for the police department in the Cleveland suburb.

The FBI will review its database of unsolved crimes for any possible connections to Sowell, particularly at his military service locations.

Police in California said a woman told them that she saw Sowell's mug shot on TV and was sure he had raped her in 1979.

THE ASSOCIATED PRESS

South Korea **Human rights**

CHOI WOO-JUNG/THE ASSOCIATED PRESS

Anti-North Korea activists release a balloon with leaflets denouncing North Korea human rights violation at the Imjingak Pavilion near the border village of the Panmunjom (DMZ) that separates the two Koreas since the Korean War.

16th-c Bible returned to Austria

RELIGION A 16th-century Hebrew Bible looted by the Nazis six decades ago was returned to Vienna's Jewish community yesterday.

U.S. Immigration and Customs Enforcement officials turned over the two-volume Bible to two Austrian emissaries during a repatriation ceremony at the Museum of Jewish Heritage in Manhattan.

Published in Venice in 1516-17, the Bible once was part of the well-known medieval manuscripts collection of S.H. Halberstam, officials said. In 1908, it was donated to the Vienna Jewish community library.

In 1938, during the annexation of Austria, Nazi soldiers confiscated the Bible in a seizure of the Jewish community's library, and the Bible later wound up in Berlin.

It was illegally imported into the U.S. in March, and was later offered for auction by a New York auction house until its true origins were discovered.

THE ASSOCIATED PRESS

News in brief

BERMUDA A prosecutor in Bermuda has been fined $1,000 for posting Facebook messages about testimony in a murder case while the trial was in progress. The Bermudian Bar Council also issued an admonishment to Takiyah Burgess. The council found Burgess acted improperly by posting messages describing testimony given at the February murder trial as "a pack of lies." Defence lawyers complained the messages could sway jurors.

SUICIDE A New York Police Department lieutenant who committed suicide had been treated by his superiors as if he had done something wrong and was afraid he might be prosecuted for ordering officers to use a stun gun on a man who fell to his death, the lieutenant's widow said yesterday. Susan Pigott's attorney has filed notice he intends to sue the city, NYPD and department brass over the death.

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Comment

General's new book stirs the pot

NationalReport

Is it Rick Hillier's war? With things going badly in Afghanistan, a controversy has developed over who was the main architect of the Kandahar component of the mission that has cost so many Canadian lives.

In his book, A Soldier First, which is jumping off the shelves, retired Gen. Rick Hillier tries to distance himself as the prime mover. The decision had already been made to go into Kandahar, he said, when he became head of the Armed Forces five years ago.

That doesn't quite square with the picture put forward in The Unexpected War, the award-winning book by Janice Gross Stein and Eugene Lang.

Lang, who served as top adviser to former defence minister Bill Graham, said yesterday he stands by his story. "My account is accurate. My account is based on research not memory. I was at the table for many of the decisions and I subsequently interviewed many of the principals, including Hillier." He said the decision that had been made was to send only a provincial reconstruction team of a couple hundred troops to Kandahar, not the full-fledged combat force that came about under Hillier.

The question is an important one. Hillier has elevated the reputation and stature of the Canadian military and deserves a lot of credit, as Lang points out, for doing so. There is uneasiness, however, over Hillier's larger vision. He has a simplistic notion of the world as being divided into good guys and bad and saw the Canadian role as being to get out there to kill those "scumbags," as he called them. His approach marked a wholesale shift from peacekeeping and the advocacy of soft power. Hillier refers to soft power in his book as "sheer lunacy."

How the war pans out will impact heavily on his reputation and how his redefinition sits with Canadians.

If he read more history, he would know what happens or might have happened when too much power is left in the hands of generals. He could start with the Cuban missile crisis and the hot-button ravings of Gen. Curtis E. LeMay. If he had not been overruled by civilians at the Kennedy White House, Hillier wouldn't even be here. Neither would the rest of us.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Our society's descent into barbarism

InStep

Headlines featuring acts of violence are copious, and depending on the shock value, these reports often illicit a proportional reaction from the citizenry, lobby groups and even politicians.

But the recent case involving a 15-year-old California girl who was gang-raped in front of as many as 20 witnesses for more than 2½ hours has slipped by as just another tragedy to add to the list. Yet I noticed that those who discussed it in private expressed their shock with a whisper, accompanied by a befuddled look. There is something unique about this event. It marks a low point in our collective moral psyche that we must challenge.

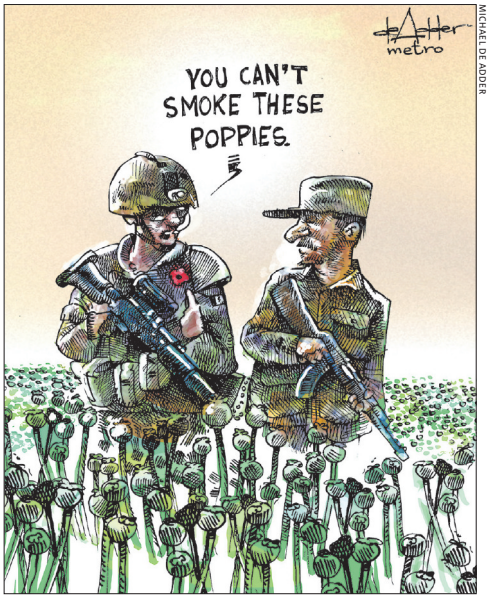
One of the methods we choose to deal with tragedies is to identify markers that would signify how it could have been prevented. There is hardly an event more troubling than a seemingly random one, where a victim is inexplicably chosen in a heinous crime. This 15-year-old girl could have been you, your daughter, sister, etc. As the attacks began, more people came to watch. Some joined in while others took cellphone videos and images.

The scene is reminiscent of the savagery of the Dark Ages, where human beings were barely recognizable from beasts. In a world of scientific breakthroughs and high-tech technology, where is the soul of humanity headed as we increasingly deny the precious worth of other human beings?

The Parents Television Council just released its report, highlighting a concern about an increase in violence against women in prime-time network programs. Sadly enough, if depictions of violence, sex or a mix of both are on the rise in the media, it is reflective of the ravenous appetite of the consumer.

There are many voices of reason and ethics reverberating their warnings to a society descending into barbarism. We can no longer afford to be inactive bystanders. We can begin by limiting intellectual junk food and embracing the timeless virtues of intimacy with friends and loved ones. As a bonus, our kids will love us for it in the long term.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.



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Lombardi hits Broadway

Vince, a play about the legendary Green Bay Packers coach Vince Lombardi, is planned for New York next season. The play by Eric Simonson will open during the fall of 2010. Lombardi coached the Packers from 1959-67, winning five league championships in nine years. THE ASSOCIATED PRESS

Sports

Ovie's overstated injury

Alex Ovechkin, left, says he was joking when he told a reporter over the weekend that he could be out more than a month. The Washington Capitals star practised lightly yesterday and said he would actually miss about a week. He hasn't played since leaving a Nov. 1 game against Columbus after he was hurt in a scrum. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Hall of Fame opinions

Newest inductees have plenty of ideas on how to improve the NHL

Get rid of the instigator rule. Bring in no-touch icing. Reduce equipment size. Know who's on the ice. Bring back respect.

They didn't always agree, but the five inductees to the Hockey Hall of Fame had no shortage of ideas on how to curtail the sport's latest scourge — shots to the head, especially when the victim is in a vulnerable position.

The league's general managers meet today and tomorrow, and are sure to consider some of what Luc Robitaille, Steve Yzerman, Brian Leetch, Brett Hull and Lou Lamoriello had to say yesterday.

"Fix that instigator rule, make it more lenient, and a few guys will be more watchful," said Robitaille, now in the LA Kings front office. "The pest role today is very popular, but 20 years ago if you were a pest three games in a row, and (retired Wings enforcer) Bob Probert grabbed you, the next thing you know you were a little more careful."

Robitaille advocated no-touch icing, because goalies were no longer allowed to play the puck in the corners and players can't hook to slow down a forechecking forward anymore. Robitaille said suspensions should be immediate for hits from behind.

"I wouldn't even wait to see if there was an injury or not," said Robitaille. "I would look right away to suspend the guy. Look at the hit. If that hit was dirty, intent to injure, 10 games. That would make a big difference."

Lamoriello, the Devils president and GM, agreed with Hull that huge equipment made players feel invulnerable.

"I used to wear little caps on my shoulder," said Hull. "If I hit someone, which wasn't very often, I felt it just as much as the other guy."

Lamoriello, who will be at the meeting, worries about over-reacting to the sudden rash of injuries.

"I'm not one who believes that more equipment is going to make it safer," said Lamoriello. "We've got helmets and faceshields. Any time that happens, you have less fear of hurting someone, so you have less respect. Respect and fear go hand in hand."

None wanted to alter the game dramatically, but all wanted to rid the game of intent-to-injure hits.

"There's never been a place for intent to injure at anytime in the NHL," said Leetch. TORSTAR NEWS SERVICE

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NFL Steeler steals a pass

DOUG PENSINGER/GETTY IMAGES

Pittsburgh's Tyrone Carter celebrates with teammate Deshea Townsend after returning an interception for a touchdown last night against the Denver Broncos. For a complete game recap, visit metronews.ca/sports

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(1) Subject to approved credit.

Giguere set for Anaheim return
The Anaheim Ducks have reassigned goalie Justin Pogge to the minors, clearing the way for Jean-Sebastien Giguere's return. Giguere hasn't played since Oct. 24 while resting a groin injury. Before Giguere was hurt, the former playoff MVP was 0-2-1 with a 3.65 goals-against average. THE ASSOCIATED PRESS

Taking TV to a new level

Coverage of Olympics will be a new high-water mark for Canada

Bigger, better. Those words keep popping up every time broadcasting plans for the 2010 Vancouver Olympics are mentioned.

And while you might think this is all pre-Olympic hype and that "bigger and better" have officially been added to the Games' "higher, faster, stronger" motto, the fact is that from a Canadian perspective Vancouver will definitely be a high-water mark for television.

It certainly will be bigger. As for the better part, that remains to be seen. Last week, a convoy of up to 20 18-wheelers hit the road, loaded down with tonnes of the most sophisticated TV equipment in the world and more than a million feet of cable. The convoy contained the guts of the largest broadcasting production ever undertaken in Canada.

VANCOUVER 2010 Games

It will help the CTV Olympic consortium to produce an unprecedented 4,500 hours of everything that happens during this country's third Games on 10 television channels, two radio stations and two websites.

"This is five times bigger than anything else we've ever done," says Rick Chisholm, the consortium's executive vice-president of broadcast.

The destination for all this high-tech wizardry is the International Broadcast Centre in Vancouver, which will be the heart of all TV production during the Games. While the CTV group is determined to provide the most comprehensive coverage seen in this country, the broadcast centre is focused on giving broadcasters from around the world the best coverage ever.

"Our goal was to bring the best producers, directors and staff from around the world," says Nancy Lee, who left her post as head of CBC sports to become chief operating officer of Olympic Broadcasting Services Vancouver.

"I think we've done that, as well as enhancing coverage."

TORSTAR NEWS SERVICE

Television 'firsts'

- Olympic Broadcasting Services Vancouver is set to produce many images that'll be firsts for the Winter Games:
- All coverage will be in high definition, with 5.1 sound.
- Ski coverage will include "ghost images" that will allow viewers to see how each skier is faring against a computer-enhanced image of the leader.
- Super slow-motion cameras will slow down pucks and sticks almost to the point of stop action.
- Some skiers and snowboard cross competitors will be fitted with helmet cameras.

Phelps to test form, swimsuit

SWIMMING Michael Phelps plans to test his form and the old-style swimsuit that will become the standard next year at the upcoming European World Cup meet in Stockholm.

The Olympic great will swim the 100-metre freestyle and backstroke plus the individual medley today. He will also swim the 100 butterfly and 200 medley tomorrow.

"I think the biggest thing is just seeing where things stand in training and see what kind of shape, or not, I'm in," Phelps said yesterday.

Phelps, who broke Mark Spitz's record by winning eight gold medals at last year's Beijing Olympics, welcomed the ban on the high-tech bodysuits that helped rewrite swimming's record book the past two years. The new rules, which limit men to old-style suits from the waist to just above the knees, don't come into effect until January.

But Phelps' coach, Bob Bowman, wants the swimmer to use the suit now in the lead-up to the U.S. national championships next summer that doubles as a trial for the worlds.

THE ASSOCIATED PRESS

Premier League Celebration

ALEX LIVESEY/GETTY IMAGES

Cameron Jerome of Birmingham City celebrates after scoring in yesterday's Barclays Premier League match against Liverpool. Liverpool drew 2-2 with Birmingham to fall 11 points behind Premier League leader Chelsea.

Iginla captures weekly honour

NHL Calgary Flames winger Jarome Iginla, San Jose Sharks goaltender Evgeni Nabokov and Philadelphia Flyers defenceman Chris Pronger were named the NHL's three stars of the week yesterday.

Iginla recorded five points in three games, including a league-leading four goals as the Flames posted three consecutive victories. Nabokov posted a 2-0-1 record with a 0.95 goals-against average and .967 save percentage as the Sharks climbed to first place in the NHL's overall standings.

Pronger led all defencemen in scoring with a goal and four assists.

THE CANADIAN PRESS

Canes sign Legace to replace Ward

GOALTENDING The Carolina Hurricanes are turning to veteran goalie Manny Legace to help replace the injured Cam Ward.

The Hurricanes yesterday signed Legace, 36, to a one-year contract that will pay him $500,000 US at the NHL level or $105,000 if he is sent to the minors. Legace has a career NHL record of 177-92-36 and was 2-2 with a 3.21 goals-against average this season with the AHL's Chicago Wolves

THE ASSOCIATED PRESS

Sports in brief

NFL Bills quarterback Trent Edwards expects to be cleared to play this weekend after missing nearly a month recovering from a concussion. Edwards says he feels rested after practising yesterday in Buffalo's first workout since a four-day break. THE ASSOCIATED PRESS

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Girls soccer fight draws investigation

League officials in Rhode Island are investigating a fight between members of two girls' high school soccer teams who threw punches, pulled hair and sparked a brawl in the bleachers. The fight captured on video by WPRI-TV broke out Sunday with about a minute left in a match. THE ASSOCIATED PRESS

Stakes high for Olympic curling pre-trials

KICKOFF The Olympic curling pre-trials kick off today with four men's and four women's spots at next month's Olympic trials up for grabs.

A dozen men's rinks and 12 from the women's side will compete in the triple knockout format tournament this week with the top four on each side moving on to the next phase.

Kevin Martin, Glenn Howard, Kevin Koe and Randy Ferbey had already qualified for the Tim Hortons Canadian Curling Trials Dec. 6-13 in Edmonton.

THE CANADIAN PRESS

Sports in brief

SOCCER Brazil coach Dunga says Ronaldinho is still capable of playing for the national team and has not ruled out summoning him for the World Cup in South Africa.

THE ASSOCIATED PRESS

Fox a favourite to light cauldron

VANCOUVER 2010 Games

In the eyes of Mike Sveinson and his tens of thousands of friends, it would be a fitting gesture to one of Canada's greatest heroes.

Members of a Facebook group — more than 114,000 and counting as of yesterday — would love to see Betty Fox, mother of the late Terry Fox, light the cauldron to open the 2010 Vancouver Olympics.

The group is easily the most popular of several online campaigns dedicated to the final torchbearer who will ignite the flame during the opening ceremony at B.C. Place Stadium on Feb. 12.

There are Facebook groups supporting Terry Fox's friend Doug Alward, along with "Man in Motion" Rick Hansen, hockey legend Wayne Gretzky, retired Vancouver Canucks captain Trevor Linden and even rocker Gord Downie of The Tragically Hip.

"It's kind of a neat thing," Terry's brother Fred Fox said recently. "We just see it as a way of Canadians wanting to acknowledge Terry and honour him, and we think it's fantastic. It's a recognition of Terry and his legacy." Whether it was legendary boxer Muhammed Ali at the 1996 Atlanta Olympics, the entire 1980 U.S. men's hockey team at Salt Lake City in 2002, or aboriginal sprinter Cathy Freeman at the Sydney Games in 2000, the lighting of the cauldron is one of the enduring images of any Olympics. It's also a moment that unites the country, said John Furlong, the CEO of the Vancouver Olympic organizing committee.

THE CANADIAN PRESS

Terry's legendary story

- Terry Fox, who grew up in Port Coquitlam, B.C., was diagnosed with bone cancer when he was 18 and had his right leg amputated above the knee. Three years later, in 1980, he embarked on his Marathon of Hope across Canada to raise money for cancer research. He was forced to stop after 143 days, just outside Thunder Bay, when the cancer spread to his lungs. He died the next year, at age 22.

Raptors Driving the lane

ERIC GAY/THE ASSOCIATED PRESS

Toronto's DeMar DeRozan scores over San Antonio's Antonio McDyess last night as the Raptors visited the Spurs. **For a complete game recap, visit metronews.ca/sports**

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BEATING THE COM

UFC a knockout hit in U.K.

POPULARITY When the UFC launched its return to Europe at UFC 70 in Manchester, there were just four British fighters on the card and UFC U.K. president Marshall Zelaznik wondered whether he needed to curtain off the upper bowl at the M.E.N. Arena.

Two and a half years later, UFC 105 is a few hundred seats from a sellout of 14,800 with 10 British fighters in action at the same venue Saturday.

The main card features middleweight Michael (The Count) Bisping, a coach and former winner on The Ultimate Fighter, and TUF 9 winners in lightweight Ross (The Real Deal) Pearson and welterweight James (Lightning) Wilks. Paul (Relentless) Taylor and John (The Hitman) Hathaway face off in a rare all-English welterweight bout on the undercard.

UFC-JOSH HEDGES/THE CANADIAN PRESS

English welterweight Dan (The Outlaw) Hardy (above) swings away at Marcus (The Irish Hand Grenade) Davis at UFC 99 on June 13 in Cologne, Germany.

"I am very proud," Bisping said of the increased British representation. "It's nice to see the sport coming along so far and so many talented fighters on the card from England now. In England, there's so many gyms opening up now and everyone knows what the sport is. It's a good time to be involved in the sport."

THE CANADIAN PRESS

Halladay to Boston? Don't expect GM to confirm or deny

BASEBALL If the Boston Red Sox really are interested in trading for ace Roy Halladay, Jays' general manager Alex Anthopoulos isn't saying.

As the general managers' meetings opened yesterday in Chicago, rumours about a future destination for Halladay, a free agent after 2010, surfaced again. Boston radio station WEEI reported on its website yesterday that even though the Jays are contemplating keeping Halladay, the pitcher has identified the Red Sox as a team to which he would accept a trade.

After his first day at the GM meetings, Anthopoulos said he had touched base with 27 of 29 other general managers present at the Chicago Airport Hilton, but wouldn't reveal if any of them had inquired about Halladay.

And he doesn't plan to.

"(Discussing potential trades) makes it much more difficult to do my job," he said.

"The more quiet we can keep this, the easier it is ... we're going to do our best to keep it quiet."

But even if Anthopoulos isn't discussing details with the media now, the team's desire to move Halladay is hardly a secret.

Anthopoulos himself acknowledged in a weekend conference call that in a recent conversation with Halladay, the pitcher "stressed that his timeline for winning and ours may not mesh."

TORSTAR NEWS SERVICE

Sports in brief

RED SOX The Red Sox have exercised their $7.7 million US option on Victor Martinez and declined options on Jason Varitek and Alex Gonzalez. They also agreed to a $5 million, two-year contract with 43-year-old knuckleballer Tim Wakefield, replacing a perpetual $4 million annual club option.

SUSPENSION A referee chosen to officiate at next year's World Cup has been suspended for the rest of the Brazilian League season for repeated mistakes. The suspension of Carlos Eugenio Simon was announced yesterday by the Brazilian soccer confederation.

SUPER SERIES Guy Carbonneau and Guy Lafleur are stepping back behind the bench as honorary Quebec Major Junior Hockey League captains for the 2009 Super Series.

METRO NEWS SERVICES

Ida pushes crude price higher in Asia
Oil prices climbed toward US$79 a barrel yesterday in Asia as Hurricane Ida threatened oil installations in the Gulf of Mexico. Benchmark crude for December delivery was up $1.32 to $78.75 a barrel at late afternoon Singapore time in electronic trading on the New York Mercantile Exchange. THE ASSOCIATED PRESS

Business

DOLLAR	GAS	OIL	TSX
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US 1.57¢	US 5.9¢	US 2.00¢	236.46

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

GM Canada invests $90M, recalls 150 laid off workers

General Motors Canada announced yesterday it will invest $90 million in its joint-venture facility in southwestern Ontario, resulting in the recall of about 150 laid-off employees and drawing praise from union and government officials alike.

The investment will allow GM to retool one of the assembly plant's body shops in order to increase manufacturing capacity and meet strong demand for its 2010 Chevrolet Equinox and GMC Terrain.

"This investment is an excellent example of what happens when you get the product right. If the product is right, everything else follows — increased production, increased employment and strong market demand," said GM Canada president Arturo Elias.

The added capacity will result in production of an additional 40,000 vehicles annually for the Canadian and U.S. markets at the CAMI facility in Ingersoll, Ont.

The CAMI plant, which is a joint venture between GM and Japanese automaker Suzuki, has been a major beneficiary as GM ramps up production to meet demand from improved sales. In August, the company announced it would reinstate a third shift at CAMI, bringing back 300 employees to satisfy demand for the Equinox and the Terrain.

Both vehicles are crossovers, or sport utility vehicles built on car platforms.

Bob Lutz, GM's vice-chairman in charge of marketing, said back in September the company was looking at assembling the Equinox at another plant, but the Canadian Auto Workers union worked to convince GM it would make more sense to increase production at CAMI. THE CANADIAN PRESS

Opel

• The chief executive of General Motors Co. met with leaders of its Opel unit yesterday to discuss the European subsidiary's automaker's future, a week after GM abruptly decided to keep it instead of selling a majority stake. Fritz Henderson wanted to get a firsthand look at the situation at Adam Opel GmbH's headquarters in Ruesselsheim said Opel spokesman Ulrich Weber. Yesterday's talks ended without the emergence of any clear plans for the future of Opel's five plants in Germany, or those elsewhere. THE CANADIAN PRESS

Plummeting Bombardier orders lead to cuts

Bombardier Inc. employees should expect additional aircraft production cuts that may lead to more layoffs as Canada's big aircraft and rail transit equipment maker adjusts to dwindling demand, CEO Pierre Beaudoin said yesterday.

The Montreal-based manufacturer has already announced 4,400 layoffs this year because of lower demand for its business and regional jets.

The lack of orders will force the company to consider increasing that number, Beaudoin told reporters after addressing the Canadian Club of Montreal.

Details of the changes will be announced before the end of January. The company discloses its third-quarter results on Dec. 3.

"It's a tough market the commercial aircraft market right now, so it's likely we'll have adjustments," he said.

Bombardier spokesman Marc Duchesne later said layoffs could be avoided if the production cut isn't too deep. THE CANADIAN PRESS

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Drilling drying up says oil service company

WELLS Oilfield services firms are hunkering down for yet another gloomy winter as energy prices remain too weak to entice their customers to drill new wells.

Ensign Energy Services Inc. bluntly predicted yesterday the upcoming drilling season will at best be similar to the previous one, which was itself pretty dismal.

"The North American oilfield services industry remains challenged by too much equipment chasing too little work," the Calgary-based company stated.

Producers in Western Canada, which hire companies like Ensign to drill wells and provide other services, have been reining in their activity as lacklustre demand and overabundant supplies press down the price of natural gas.

"The North American oilfield services industry remains challenged."
Ensign Energy Services

Natural gas for December delivery was hovering below US$4.60 on the New York Mercantile Exchange yesterday.

That's a substantial rebound from the seven-year-lows below US$3 the commodity touched, but still a far cry from what would make the majority of new wells economically viable. THE CANADIAN PRESS

Takeover **Deal still bitter for Cadbury's**

KERSY WIGGLESWORTH/THE ASSOCIATED PRESS

In this Feb. 2009 file photo, a Cadbury chocolate bar is seen for sale in a shop in London. British candy maker Cadbury PLC yesterday rejected a renewed 9.8 billion pound ($16.4 billion) hostile bid from Kraft Foods Inc. after the U.S. company refused to sweeten a previous offer.

In **brief**

CANWEST The Canadian Radio-television Telecommunications Commission has approved the sale of Canwest's CHEK-TV station in Victoria to a group of investors for $2. The federal regulator said yesterday the TV operations and related transmitters can be sold to a private numbered company owned by a consortium of local investors, 39 employees of the TV station and the Communications Energy and Paperworkers Union.

ECONOMY Canada's economy has shown some signs of a tepid recovery, but the Conference Board says most industries it tracks are still experiencing financial trouble. A report from the group suggests profits are expected to fall more than 20 per cent this year in most of the six industries it monitors, which include food services, retail, transportation and wholesale. THE CANADIAN PRESS

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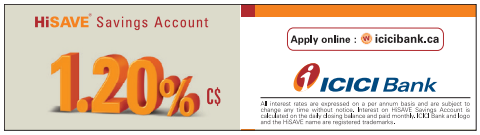
Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



EI doesn't cover self employed

MoneyMatters

Q I own an electronic sales and repair store. My wife works in the store and holds down a job for two days a week. Since, the beginning of the year, business has been steadily declining. Every month, I remit payroll deductions on behalf of two employees, my wife and I. Can she qualify for Employment Insurance benefits? If the business continues to lose money, how much can I claim? — Joel

A The financial debacle over the past year has taken its toll on many businesses, large and small, particularly in towns that depend on one or two large employers. The pain is felt throughout the town from senior management, assembly workers, pizza stores, city revenues, and family outings.

Self-employed workers and their spouse are exempt from Employment Insurance contributions. Consequently, they do not qualify for EI (employment insurance) benefits. All workers (self-employed included) must pay into the Canada Pension Plan but they won't be able to collect until retirement.

A Conservative party proposal for new rules to the Employment Insurance benefits may bring self-employed individuals some relief. However, only under certain conditions such as sickness, maternity, paternity or compassionate grounds. This "extension" will not cover regular EI benefits that employees receive in the event of job loss. Self-employed individuals can voluntarily contribute to this "special EI" and subsequently will be entitled to benefits.

Self-employed people will continue to reap the benefits of financial success but also bear the burden if the business fails.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

Charity without the pinch

AlisonOnMoney

My adult daughters usually can't recall what mom and dad put under the tree after a few months have passed, but they both remember in vivid detail what we did for people whose names we will never know.

Over the years we've given out Christmas boxes to low income families, made sandwiches for the homeless and stuffed stockings for a women's shelter. Last year we joined the Basketeers (www.basketeers.ca) and had fun filling a laundry basket full of household items to help abused women set up a new home. The best part was going to the collection centre and ogling the wonderful baskets — most far better decorated than ours! We'll do better this year.

"If you're thinking of putting a shelter at the top of your holiday list start planning now as most of them like to have holiday donations in hand by early December."

That's the sermon, now here's the advice — if you're thinking of putting a shelter at the top of your holiday list start planning now as most of them like to have holiday donations in hand by early December.

You don't have to spend lots of money in order to make a difference. Here are a few suggestions.

- Re-gift without guilt. Avoid the disaster of giving a present back to the person who gave it to you by redirecting it to a shelter. I have a lovely wrapped cosmetic bundle I'll never use and my daughter has a new kettle she got at a wedding shower. Both are going into this year's Basketeers offering.
- Use your points. Last year I cashed in Air Miles reward points to buy theatre tickets with drinks and popcorn. Everyone needs a little treat in the holiday season.
- At your office party suggest adopting a local shelter and have everyone bring something to contribute instead of a gift exchange.
- Check with the shelters to find out what they need before you donate.
- Don't forget the gift receipt. This will be appreciated if an item doesn't fit or the recipient needs an iron more than a hair dryer.

Giving to local shelters is helping someone make a fresh start, something particularly appropriate in this season of renewal.

Alison's Money Rule:

- Feed your soul this holiday season by focussing your charitable efforts on a local shelter.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

NOTICE - MEMBERS MEETING

Desjardins
Credit Union

All members of the Ottawa Desjardins Credit Union are invited to participate in the branch meeting and elect Delegates.

Date: November 27, 2009

Time: 12:00 pm

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Market feeds on low rates

Investing

The jobless recovery marches on. The latest unemployment numbers out of the U.S. and Canada reveal that the rates have jumped to 10.2 per cent (worst since 1983) and 8.8 per cent respectively. These numbers were much higher than what many had anticipated. With this negative news, how has the market continued its upward momentum and why should investors continue to be buyers versus sellers?

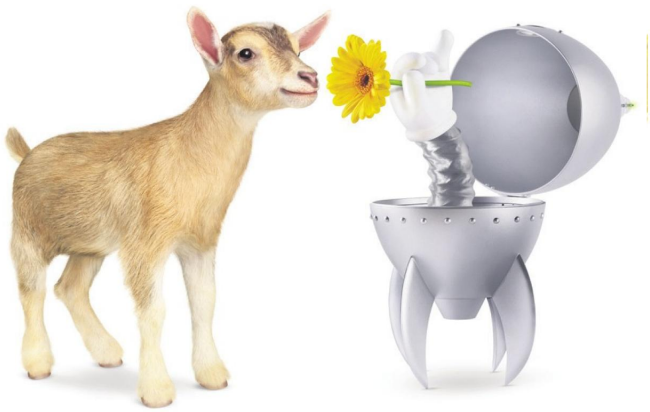
In my opinion, the stock market is telling investors that the low interest rate environment is trumping any other news good or bad at this time. With government stimulus plans still in the works and low interest rates, this provides the optimum environment for companies to do better and thus investors to do well buying the shares of these publicly traded companies.

"Bad news like the high unemployment numbers seem to just slow down the markets temporarily..."

Bad news like the high unemployment numbers seem to just slow down the markets temporarily but the market seems to bounce back quickly from any negative news. I feel this is because the low interest rate environment right now is most important to the stock market.

As investors we should continue to take advantage of this good investment environment for as long as it remains. Try to buy investments with good dividends if possible so you can continue to get paid while you wait for the growth now further into the future. If you are an investor looking for growth, look to sectors of the market that tend to grow during the early stages of economic recovery as we may be at this stage for some time to come.

Allan Small can be reached at asmall@dundeesecurities.com. The views expressed are not necessarily those of Dundee Securities



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Learning Curve is a special feature that focuses on education and student life.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Schools tackle H1N1

ANDREA WOO
for Metro Canada

As H1N1 counterattacks are well underway in hospitals and doctors' offices across the country, colleges and universities are also stepping up their efforts to ensure the safety of students.

At the University of Victoria, where several cases of H1N1 were diagnosed among students and staff during the summer and early fall, an advisory planning group has met weekly since July to manage response and develop preventative measures.

"Given that H1N1 disproportionately targets young people, the university continues to take the H1N1 outbreak very seriously," said Patty Pitts, UVic's manager of media relations.

"Given that H1N1 disproportionately targets young people, the university continues to take the H1N1 outbreak very seriously." Patty Pitts, University of Victoria

Food services is also developing a "grab and go" meal service, so sick students can avoid infecting others by not eating in the communal dining room. Also, fridges stocked with nutrition packs, soup, juice and Jello have been installed in various residence locations.

Pitts says the university has also established "self-contained rooms" where students who need to be separate from their residence communities can be housed; however, they have not yet had to use them.

For the fall 2009 semester, doctors' notes are not required for absences of less than two weeks.

Similarly, the University of Calgary has launched an information campaign to let students know how to stay healthy through basic hand-washing and other preventative measures.

"It also makes sure that students and staff are aware of all the health services available on campus and in the larger Calgary community if they are sick," said Grady Semmens, associate director of media relations.

As well, it has set up hand-sanitizer stations in high-volume areas, stockpiled protective gear such as gloves and masks in its residences and is in discussion with Alberta Health Services about the possibility of providing H1N1 vaccinations on campus.

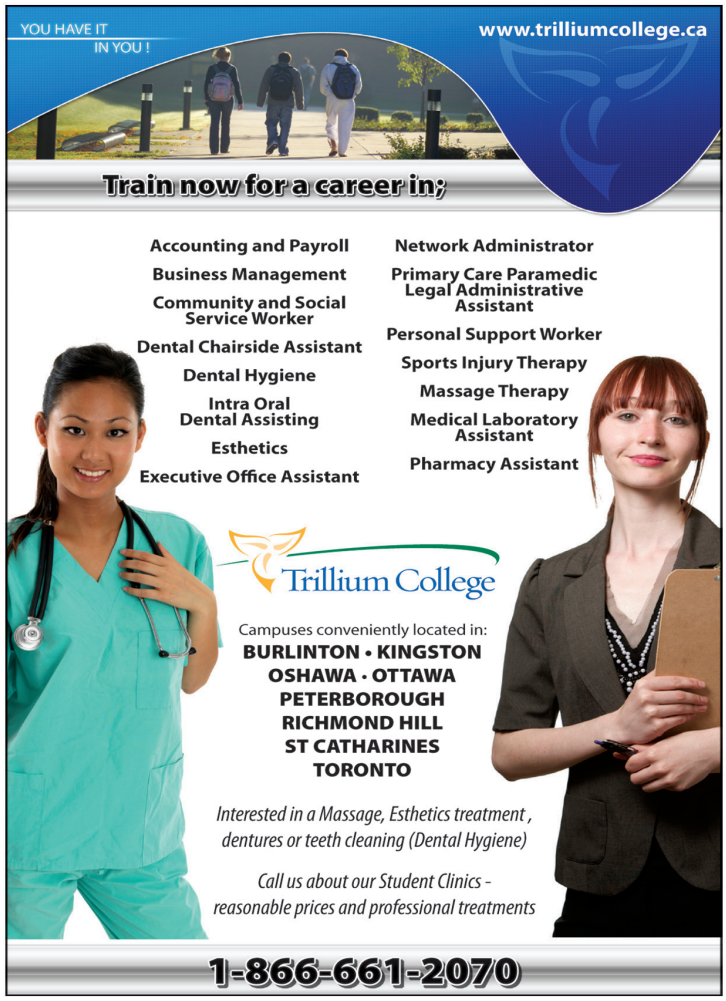
It has also relaxed regulations requiring students to provide a doctor's note if they have missed more than five days of school due to flu illnesses.

At York University, the institute's Pandemic Planning Committee has installed hand-sanitizer stations in high-traffic areas and posted hand-washing posters in all washrooms and cafeterias.

Students sick with flu-like symptoms are asked to stay home and arrange a deferred standing agreement upon their return.

Students sick with flu-like symptoms are asked to stay home.

Alex Bilyk, York's director of media relations, said there are no significant of H1N1 cases to report.



A professor from the University of Ottawa will be discussing H1N1 in France next month.

U of Ottawa prof to attend WHO event

TRACEY TONG
tracey.tong@metronews.ca

A professor from the University of Ottawa hopes to gather perspectives from around the world in terms of risks such as H1N1 and beyond, when she attends an international working group in Lyon, France, next month.

From Dec. 1 to 3, Louise Lemyre — a professor at uOttawa's School of Psychology and the McLaughlin research chair on the psychosocial aspects of risk and health — is attending a group assembled by the World Health Organization to discuss the communication of health risks, as well as the H1N1 virus. The objective: To devise a worldwide training and assessment strategy as part of an international policy on health risk communication.

Although H1N1 is one of the risks to be considered, "the strategy will be more generic," said Lemyre. "It will also cover transmission from animals, risk from food, and other risks," she said.

While Lemyre will be there as a part of the Canadian representation, there will be representatives from all over the world.

The working groups are interactive, and Lemyre said she'll bring her experience and "will learn strategies from other countries that can be applied here in Canada."

A social psychologist in population health, Lemyre's research area is how ordinary people perceive and understand risk and what drives their motivation for prevention, she said.

"Currently H1N1 is a big concern and every country is trying to deal with the second wave, but we need to adapt the strategy for any other risk ... like a natural disaster or other emergent risks," she said.

"We don't always have all the information about new risks, because the science and knowledge and data aren't there yet. People have to learn to work with uncertainty," she said.

And it's essential to exchange information, she said, "because different (countries) have experiences at different stages than us. It shows us how to adapt in terms of a different context.

"It opens up their views and their interpretation and also helps Canada to better understand the citizens who come from those countries and have had different experiences," she said.

Lemyre will incorporate the results of the working group into her work.

Learning Curve is a special feature that focuses on education and student life.

Dal student busting myths

André Maddison.

RICHARD WOODBURY
for Metro Canada

A lot of myths exist about Canada's health-care system. Since 2000, an annual contest put on by the Canadian Health Services Research Foundation has served to dispel them.

One of those myths is that emergency room overcrowding is caused by non-urgent cases. Not so, says André Maddison, a co-winner of the 2009 contest.

"If we somehow divert non-urgent patients from the ER, it's not going to solve ER overcrowding," he says. "We're not going to have 15-minute wait times."

ER overcrowding is caused by a larger set of issues, such as a lack of available beds in ERs and a lack of alternative care settings, says Maddison, who is a second-year master's in community health and epidemiology student at Dalhousie University in Halifax. The 25-year-old received a $1,500 prize for the contest and a paid trip to Calgary where he was presented with the prize.

"When you look at the proportion of patients who are there for non-urgent reasons, it is actually quite high," he says, pegging the number at 20 to 25 per cent of patients. "There are a significant number of patients there with non-life threatening issues. But they don't take a lot of physician time or diagnostic services or nurse time. They are rarely admitted."

Non-urgent patients are admitted about 4 to 5 per cent of the time, he says.

Maddison got the idea for the project after chatting with an ER physician.

"I kind of went into it with the idea that these people who don't have family physicians are not the main cause of the overcrowding," he says. "The more I went into it, the more I realized, well, they do have a little effect, but it's such a complex issue that you really can't pinpoint blame on a certain group."

Buy in bulk to save, dietitian advises

ANDREA WOO
for Metro Canada

Fast food, Kraft dinner and Ramen have long been staples of the starving college student, but being tight on cash doesn't mean having to eat poorly, say experts.

Kristen Reaves, a Vancouver-based registered dietitian, says it's often cheaper and healthier to prepare foods at home. One tip she recommends is to buy in bulk.

"Buying in bulk will always save money, whether it's eggs, yogurt or meat," she said. "If you can buy a box of chicken breasts as opposed to a single one at the deli, (you) will save bundles."

She also suggests looking in flyers and online for coupons.

"If you find something that is a staple in your diet and it is on sale, buy several of them at that time to save a little cash."

Anthony Bevan, a chef, author and faculty member at Humber College Institute of Technology and Advanced Learning in Toronto, says ethnic food stores are great places to buy healthy foods at discount prices.

"I go to my local Chinese supermarket for fish," he said. "The fish is cheaper and fresher, because of the turnover. They're selling a large quantity."

Ethnic food stores also often carry fruits and vegetables for prices below that of chain supermarkets.

The key to eating well, according to both Reaves and Bevan, is to eat a variety of foods, such as whole grain pastas, fruits, vegetables and proteins. Reaves says one's plate should be one-quarter carbohydrates, one-quarter protein and half vegetables.

Lesley Chang, a 27-year-old first-year public relations student in Vancouver, is a self-proclaimed "starving college girl." Still, she manages to maintain a fairly healthy diet on only $45 every other week.

"I'll buy of lots of pasta when it's cheap, or make tuna casserole and freeze it so I can heat it up later," she said.

Bevan also notes that not all fast foods are created equal. "Pizza is not a bad food," he said. "Pizza contains food from all the four food groups, as opposed to something like fish and chips, that's all deep-fried and fat-laden."

Healthy snack options include popcorn, vegetables with dip, an apple with a tablespoon of peanut butter and small sandwiches on whole-grain bread.

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Health & Beauty

EDITOR: JENNIFER.PRITTIE@METRONEWS.CA

Keeping fit in frightful weather

Start by assessing the decrease in your daily activity level

This winter, it's going to be a little more difficult than normal to justify a drop-off in our activity level.

Why? The Vancouver 2010 Winter Games, of course. We're going to be continually hearing about our top winter athletes, and well, if they can pursue their dreams day in and day out in the chilly mountain air, or on a rink for hours at a time, then it'll be harder to convince ourselves that flurries, early nightfall and a cold wind make it impossible for us to walk the dog.

The kind of exercise we get going about daily activities is sometimes referred to as "slice-of-life" activity, and it's usually the first thing to go when the weather gets frightful.

So instead of, say, walking to work as you would in warmer months, you'd hop on a bus; instead of taking your bike or transit to go shopping, you may be tempted to drive to the mall and fight for the parking spot nearest the entrance; and rather than run errands or stroll to the coffee shop with colleagues on your lunch break, you'll stay planted at your desk with a mug of instant soup.

WOJCIECH GAJDA

Sure, there are folks who can keep their outdoor exercise routine going through the winter months. But most of us would do well to start to think about winter fitness by assessing the decrease in our daily routine activities during the colder months, and have a plan to counteract it.

"Just because slice-of-life activities are minor compared with, say, an hour at the gym, don't approach them with any less mental resolution: They add up."

All of that activity fall-off tends to happen gradually as the winter progresses, so that if your daily caloric intake stays the same, but your daily activities — however minor you think they are — diminish, the chances that your skinny jeans will still fit come February also diminish.

So before winter really sets in and you fall into a routine, take stock of your current slice-of-life activity each day, determine what you can reasonably keep up all winter (we're not advocating going for a stroll in skin-freezing temperatures) and what you think may fall by the wayside.

Then, figure out how you're going to make up for any drop in activity.

Here are a few places to start:

Be creative

- Alright, so everyone knows the tried-and-true suggestion to always take the stairs at your office or apartment building instead of the elevator. It happens to be a good suggestion, of course, since stair climbing is solid exercise and plenty of us travel up and down many floors in a day to begin with.

In winter, the thing to do is try and extend the stair-climbing policy anywhere else in your day that it fits: You'll also find staircases at the doctor's office, when calling on clients and at the department store. (If you take the subway, institute a no-escalators rule in the winter: You'll be impressed at the number of stairs you can work into a day.

- If you find it's too cold to do your usual walk to work, and you're in a downtown core, see if you can be imaginative about changing your route — i.e. cut through a mall or office towers — so you can warm up intermittently.
- If you own a mat and have pals who do yoga or Pilates, arrange to get together at somebody's place a few times a week and practise.

Be consistent

- Just because slice-of-life activities are minor compared with, say, an hour at the gym, don't approach them with any less mental resolution: Collectively, they add up. So don't even think about whether you're going to climb the stairs when you reach your apartment building after work. Once you've even begun the mental debate over doing or not doing, you're far more likely to go with not doing.
- Get colleagues in on it. Find a partner in crime, or when the usual gang is about to head out to the coffee shop, leave a minute or two early and tell them you'll meet them downstairs.
- Get a pedometer, and you'll have an easier time tracking how much you've walked in a day.

Be warm

- Time was that staying warm and dry all winter was almost totally incompatible with fashion, but that excuse has long gone. We all know how much wearing a hat can stave off cold, but not as many of us really appreciate how

Read more on page 21 »

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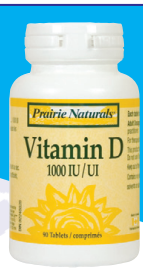

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Enjoy winter

IVAN BONDARENKO

If you have trouble summoning up any enthusiasm for winter, try spending some time outside with those who love it: Kids and dogs are a likely bet. Take some nieces and nephews tobogganing, or tag along to the dog park with a friend.

OK, OK. We know. For some people, "enjoy" and "winter" have never gone together and probably never will. But here's some food for thought: Winter in a downtown core or dense suburbia, complete with dark gray slush, semi-frozen puddles and salt-caked roads is nobody's idea of enjoyable winter surroundings. You need to go where the environs are more inspiring. (No, not Barbados.) If you live near a large park or ravine trails, where snow has half a chance to accumulate and trees or hills obscure your usual view of the city, you're far more likely to enjoy a winter walk there.

- Try to hang out with creatures who tend to be enthusiastic about winter — kids and dogs are a great start. Make the effort to take nieces and nephews tobogganing or skating, or tag along to the park with a dog-owning friend.
- Try to find low-cost winter sports. If you don't want to buy a new pair of skates, find a sports exchange store to get a deal on a used pair, or find a rink that rents them. You can also look for places outside the city, such as conservation areas, that will rent snowshoes and cross-country skis. **METRO NEWS SERVICES**

Continued from page 20 ››

much having warm, dry feet can take the edge off winter and make us feel like walking an extra block or two. Luckily, in the last couple of years we've seen a blossoming in the availability of good, solid, waterproof rubber boots — something Scandinavians are way ahead of us in appreciating. Look for a good thick sole with high-traction treads. As for warmth, you can get rubber boots with pile lining or removable fleece linings. Add insulated sole inserts (the kind with the shiny silver on one side) and the warmest wool socks you can find.

- Some other options for warm and dry feet include La Canadienne, lacanadienne.ca, a footwear brand that's made for our countrywomen, so lined, waterproof boots are de rigeur. Finally, venture to Mountain Equipment Co-op, mec.ca, for serious winter boots that range up to warm-enough-for-Baffin-Island models.

Be safe

- Some days, slipping on the ice really is an impediment to anything resembling a walk. An inexpensive way to reduce that potential hazard is to get a pair of STABILicers from Lee Valley, leevalley.ca, which slip over your boots and beef up your traction.

After an abusive relationship, it's smart to take things slowly

"If you decide to start dating again, make sure it's for the right reasons — not just because you think you should but because you honestly feel ready."

Rihanna, the 21-year-old singer who opened up in televised interviews last week, says she has no interest in dating following her split from Chris Brown.

Rihanna and Brown had a highly publicized altercation in February, during which Brown choked and bit Rihanna and tried to push her from a car. Brown was sentenced to probation, community labour and domestic violence counselling after pleading guilty to felony assault.

I'm not sure how recent reports that Rihanna is dating R&B singer Travis London fit with her professed lack of interest in dating but, in principal, Rihanna's smart to take things slowly after what she went through with Brown.

Emotional and physical abuse in a relationship can do a major number on your self-confidence and make it really tough to trust anyone again when it comes to dating.

It's hard not to think, in the back of your mind, that every guy has the same potential to be abusive.

In these circumstances, being extra cautious is healthy and normal. It's important to take time to heal emotionally and also examine yourself and your relationship patterns and how you found yourself with someone who treats you so badly.

And before getting seriously involved with someone new, there are things one can do to avoid the same kind of relationship.

Observe friends' relationships you think are healthy. Talk to them about why it works. Compare notes with your last relationship.

Think about why you put up with abusive behaviour. Abuse can often become a pattern with women who don't believe they deserve better for whatever reason — perhaps they were abused or simply didn't get the attention they needed as kids.

If you're taught that love comes from people who hit you or make you feel bad about yourself, you'll probably look for love from those kinds of people.

Spend some time looking at the type of guy you want to get involved with. Look for qualities in your dates that will achieve the kind of healthy relationship you deserve — kindness, graciousness, and a genuine interest in you and your life.

If you decide to start dating again, make sure it's for the right reasons, not just because you think you should but because you honestly feel ready.

But you also have to be careful not to stay out of the game too long. I know someone who was in an abusive relationship and refuses to get involved with anyone because she says she's not ready.

It's now been more than 10 years. There's waiting and there is avoiding — be honest with yourself about which category you fall into.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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More and more, we receive new information about the link between oral health and overall health. We continue to learn how good dental health can actually help protect your heart, guard against various infections and even provide early warning signs of other health problems.

One of the latest studies shows a causal link between gum disease and rheumatoid arthritis. This was a very comprehensive American study that included over 6,000 subjects and covered a ten year period.

The exciting aspect of this study was the suggestion of the causal link between the two. Researchers have known for some time that there was an association between gum disease and arthritis. Moving to the establishment of a causal connection opens new doors to reducing the risk of developing rheumatoid arthritis.

According to this study, people with moderate to severe gum disease surrounding two or three teeth are almost three time more likely to develop rheumatoid arthritis than their counterparts with healthier gums. When you consider that there are so many other potential factors leading to the development of rheumatoid arthritis, finding this one aspect that can have such a significant causal connection has researchers quite excited.

Dr. Wayne Perron
Dental Surgeon

What researchers have found is that people with more severe gum disease tend to have higher levels of a particular anti-body in their blood. This anti-body is associated with more a more damaging form of rheumatoid arthritis and appears to be the source of the causal connection between the two.

Rheumatologists are particularly excited about this finding. They point out that there can be many causes that result in a person developing other health issues, such as heart disease. Furthermore, the risk of developing these health problems can be reduced through modifications to one's behavior, such as an improved diet. The same cannot be said for rheumatoid arthritis.

Up until now, researchers were not aware of any contributing factor whereby behavior modification could reduce the likelihood of developing rheumatoid arthritis, particularly amongst those where there is a family history. Simply by developing good oral health practices, people may be three times less likely to develop.

And what oral health practices do rheumatologists recommend? Brushing at least twice a day and flossing at least once. As always, proper technique provides better cleaning results, thereby reducing the risk of gum disease.

And of course, regular visits to your dental office…at least every six months. If you are at risk of developing gum disease, your dentist may recommend that you come every three to four months.

Because developing good oral health practices that reduce the risk of arthritis a healthy habit…and healthy habits lead to healthy lives.

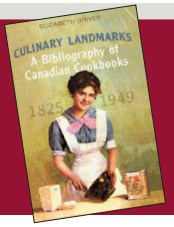
Dr. Wayne Perron
- Dental Surgeon

Journalist wins culinary award

Judy Creighton, a longtime journalist with The Canadian Press, has received a prestigious award for her lifetime of service to Canada's culinary community. Creighton, 71, was given Cuisine Canada's Founder's Award on Friday. THE CANADIAN PRESS

Food

Culinary Landmarks: A Bibliography of Canadian Cookbooks, 1825-1949 by historian Elizabeth Driver of Toronto won the first Canadian Culinary Hall of Fame award THE CANADIAN PRESS



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Pork chops with a sweet side

With cold weather outside, now is the best time to stay inside and try new dinner recipes. Check out our 20 Minutes Supper Club Healthy Guide for unique recipes that don't trade calories for taste. Our guide also offers vegetarian-friendly meal options.

This week's menu features a traditional pork chop with non-traditional sides. Applesauce is replaced with balsamic plums and Swiss chard. You'll delight your dinner guests with a new blend of flavours. The balsamic plums are so sweet and delicious they could double-up as a dessert recipe. Apples or pears can also be a substitute for plums, they just need to be cooked in the balsamic a little longer.

Swiss chard compliments the sweetness of the plums and adds vitamin-enriched greens to the dinner.

We recommend frenched or futterfly pork loin chops for this recipe. "Frenched" refers to a chop that has been hand-trimmed to remove any excess meat or fat at the tip of the bone and can be found at butcher's counters in large supermarkets.

To complete the meal, go with a delectable sweet like chocolate dipped cookie dough truffles. These decadent truffles are also easy to freeze for late midnight snacks. With recipes like this friends will be willing to leave the comfort of their homes for a dinner party on a cold night.

-CHRISTY PENGILLY

Pork Chops with Balsamic Plums and Swiss Chard

Recipe developed by Paula Bowman

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 20 MINUTES

INGREDIENTS:

- 1/4 cup balsamic vinegar
- 2 Tbsp unsalted butter
- 2 Tbsp water
- 1 Tbsp honey
- 2 sprigs thyme
- 2 plums, pitted and cut into eighths
- 4 (8oz) pork chops, (about 1-inch thick)
- 2 Tbsp olive oil
- 1 bunch Swiss chard (1lb), thick stems discarded, leaves washed and roughly chopped

METHOD:

1. In a small nonstick saucepan or skillet combine vinegar, butter, water, honey and thyme over medium heat. Bring to a boil and simmer until glossy and reduced by half, about 3-4 minutes. Add plums, stir to coat, and continue to cook until liquid is syrupy and coats plums, about 3 minutes. Remove from heat, discard thyme sprigs and set plum mixture aside.

2. Meanwhile, season chops generously with salt and pepper. Set a large heavy-bottomed skillet over medium-high heat and heat one tablespoon olive oil. Add chops and cook, flipping once, until cooked through, about 5 minutes per side. Transfer chops to a cutting board and tent with foil to keep warm.

CARLO MENDOZA

CARLO MENDOZA

Above: Pork chops with balsamic plums and swiss chard. Right: Cookie dough truffles.

3. Wipe skillet clean, return to heat and add remaining one tablespoon olive oil. Add chard to skillet in batches, allowing for it to wilt slightly before adding more. Cook until wilted and tender, about 5 minutes. Season to taste with salt and pepper. To serve, divide chard and chops among plates and garnish with plums and balsamic glaze.

Cookie Dough Truffles

Recipe developed by Stefany Squires

MAKES 20-24 TRUFFLES
PREP TIME: 20 MINUTES
COOKING TIME: 0 MINUTES

INGREDIENTS:

- 1/2 cup unsalted butter
- 3/4 cup brown sugar
- 2 cup all-purpose flour
- 1 can (14 oz) sweetened condensed milk
- 1 tsp vanilla extract
- 1/2 cup miniature semi-sweet chocolate chips
- 1/2 cup chopped nuts (stefany recommends almonds)
- 1-1/2 pound semi-sweet chocolate

METHOD:

1. In a mixing bowl, cream softened butter with brown sugar until light and fluffy.

2. Add all-purpose flour, sweetened condensed milk and vanilla extract. Mix well.

3. Stir in miniature semi-sweet chocolate chips and chopped nuts.

4. Shape dough into 1-inch balls and place them on parchment paper. Cover and refrigerate for approximately one hour.

5. Melt semi-sweet chocolate in the microwave for coating truffles. Dip balls in chocolate and place on parchment paper. Refrigerate until firm, about 10-15 minutes.

20 minute SUPPER CLUB

Peroni's lager is likely what Cheers' Norm would drink

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Norm! Does anyone not know who I'm talking about? Even if you're not a barfly, Norm Peterson from Cheers is an '80s icon whose name still gets a shout out at watering holes the world over.

Taking advantage of his character's longevity, actor George Wendt has finally put his extensive beer knowledge into words in the just released Drinking with George: A Barstool Professional's Guide to Beer (Simon Spotlight, $32.99).

A blend of suds soaked memoir (with some great tales of his days with the casts of both Cheers and Saturday Night Live) and actual fun facts about the history of beer (and how to drink it): it's a relaxing read with oodles of stocking stuffer potential.

While I doubt Norm would approve of the just released **Molson Canadian 67 (12 x 341 ml, $19.95 - $20.99);** this weight-watching lager serves up only 67 calories per bottle (about half of what's in a cocktail or glass of wine) without losing too much of what make beer taste like beer.

Italy's **Peroni Nastro Azzurro Lager (6 x 330ml, $13.44 - $13.90)** would be more Norm's style. Its classic European design is sure to impress Stella Artois and Heineken drinkers.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Sud soaked

Moore beauty products
Demi Moore is launching her own beauty range. The 46-year-old actress is currently in negotiations to work with Helena Rubenstein on her own line of products, but refused to give any details on the venture. FEMALEFIRST.CO.UK

Entertainment

Wife swap
Gwyneth Paltrow is to play Nicole Kidman's wife. The actress is replacing Charlize Theron in The Danish Girl, an adaptation of a novel about the first post-operative transsexual starring Kidman. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Dolly hard as nails

Country singer brings live concert experience to DVD

GRAHAM ROCKINGHAM
for Metro Canada

"I don't have to (use a guitar pick) with these nails. They're hard as nails, so actually it works out pretty good." Dolly Parton

The first things you notice about Dolly Parton — besides her more obvious attributes — are the length of her scarlett finger nails. They're scary, almost Wolverine-like weapons.

They're so long, as a matter of fact, that she can strum them together and use them as percussion instruments. On her new DVD/CD, Live From London, Parton says she did exactly that to make the typewriter sounds on her hit song 9 to 5.

Parton even offers a demonstration. Ratatatat, ratatatata.

The DVD, released today in Canada on the Sonic Unyon Records label, is mostly concert footage culled from two sold-out nights at London's 02 arena during her European tour last year. But it also offers some revealing behind the scenes interviews with Parton, including the time where she shows off her tap-dancing finger nails.

"You have to have acrylic nails, falsies I say," Parton laughs in a phone interview from her Nashville office. "And I'm really the queen of falsies ... when I was little I was always doing it, playing my nails like that, making that sound. But it's the acrylic coated nails that gives it that sound. It makes a real good rhythmic sound, don't it?"

Yet you've got to wonder how she can possibly play guitar with those claws?

"I don't have to (use a guitar pick) with these nails," she says. "They're hard as nails, so actually it works out pretty good."

A set of nails usually lasts her through an entire tour. Sometimes accidents do happen, however, so Parton comes prepared.

"I keep crazy glue on the set. You know, the superglue? I always keep it with my water and my kleenex. I always keep kleenex, a bottle of water and a tube of crazy glue, because I may have to glue back on a nail."

Parton is 63, but the DVD shows her still in prime shape. She hasn't lost any of the energy that has made her one of country music's biggest stars.

"I have to watch my weight because I'm so little and I have such a big appetite," Parton admits. "I have been much heavier in my life. But when we were on that tour we had the greatest chef that travelled around with us to all the places that we went. Man, it was really hard. So I had to stay on a low carb diet so I could eat more, lots of chicken, meat, fish, cheeses, eggs and stuff. That way I try to maintain it.

And does Parton work out in a gym? "No, I'm not one of those people," she says. "I'm particular about who I sweat with."

The Book Lady

- Book Lady, a half-hour documentary about country music legend and pop-culture icon Dolly Parton's campaign for children's literacy, will have its first Canadian broadcast on Sunday, Nov. 22, on the CBC program Canadian Reflections.
- Visit metronews.ca/entertainment for a trailer of the documentary Book Lady.

METRO NEWS SERVICES

Dolly Parton's new DVD/CD, Live From London, is out today.

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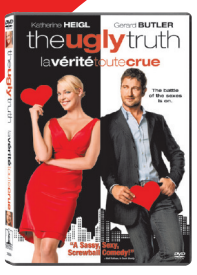

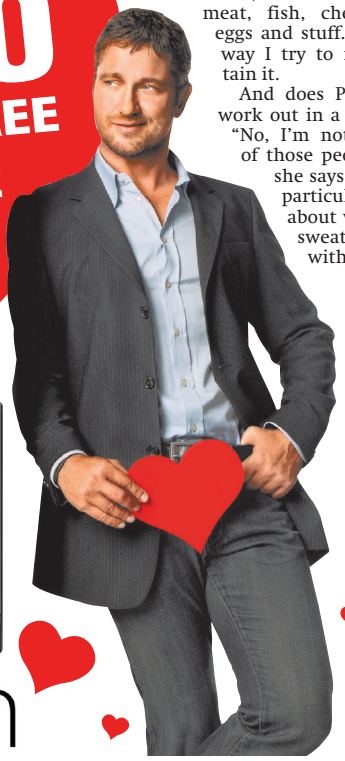
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Simpson's got Hart

Ashlee Simpson isn't taking her dismissal from Melrose Place lying down. According to reports taking on the role of Roxy Hart in the Broadway production of Chicago, according to Gossip Cop. METRO WORLD NEWS

Taylor-made year

Can teen beat veterans for country music's top award?

Kenny Chesney has made the very hard work of dominating country music look easy.

And Taylor Swift is paying close attention.

The 19-year-old sensation has the record sales. She beat out every living artist — no matter the genre — this year with more than 3 million copies of her Fearless CD sold and counting (only Michael Jackson has sold more). The album remains No. 3 after 51 weeks on the charts.

And she's moving concert tickets as fast as they can print them.

That might be enough to sway the more than 5,000 members of the Country Music Association, who decide who gets the trophy for entertainer of the year, the CMA's highest honour, at the CMA Awards tomorrow night (the broadcast will air live on ABC).

She's the youngest ever nominated for the award and the first solo female act since Faith Hill in 2000, and she's faced a lot of questions about whether either is a limiting factor.

"I think you have to do the work and put in the effort and do the touring that it takes to win entertainer of the year," she said in an interview with The Associated Press. "And I don't really think it has anything to do with gender. I think if you want to compete with the boys, play on a level that they're playing at."

And the guys in this category are playing at the highest.

Using a combination of unparalleled album and ticket sales, Chesney has dominated the CMA Awards' most prestigious category with three straight wins and four of the last five. A fifth win would move him past Garth Brooks for most in the 43 years of the awards. This is the eighth straight year he's sold more than a million concert tickets, and fans are drawn to his brand of Caribbean cool like no other.

GETTY IMAGES

Nineteen-year-old Taylor Swift, whose album Fearless is till No. 3 on charts after 51 weeks, is the youngest ever artist to be nominated for Country Music Awards' Entertainer of the Year honour.

"It's so wonderful when people come up to me and say that I have a shot at winning. ... But my parents raised me to have the mindset that the world doesn't owe me anything."
Taylor Swift

Brad Paisley leads all nominees with seven and is entering his second year as co-host with Carrie Underwood. His album American Saturday Night debuted at No. 2 on the album charts when it was released earlier this year and he's had 11 straight No. 1 singles on the country charts.

Keith Urban's supercharged live show has made him one of country's most bankable stars and his album Defying Gravity hit No. 1 on the Billboard 200. He's the only artist to interrupt Chesney's recent domination in the category, winning in 2005.

And then there's George Strait, a two-time winner in the category and CMA's career leader in nominations (79, with Alan Jackson) and wins (22) whose Twang also debuted as the nation's No. 1 album.

But 2009 might be Swift's year — and she could soon be in the company of icons like Loretta Lynn, Dolly Parton and Reba McEntire, three of the six other female acts to win entertainer of the year.

But tell that to Swift, and she modestly dismisses the idea: "Don't fill my head with that."

"It's so wonderful when people come up to me and say that I have a shot at winning. It actually is really, really a wonderful thing when people do that," she said. "But my parents raised me to have the mindset that the world doesn't owe me anything and you can't feel entitled to winning, you can't feel entitled to success."

Kenny Chesney has won the Entertainer of the Year Award three times straight.

THE ASSOCIATED PRESS

DVD picks

Up

Director: Pete Docter

ONE OF THE MOST EMOTIONAL movies yet from Disney/Pixar upholds the studio's sterling reputation with a romantic and quixotic adventure about a grumpy septuagenarian determined to fulfill a promise made to his late wife.

Directed by Monsters, Inc. helmer Pete Docter (with co-direction and co-writing by Bob Peterson), Up follows the quest of Carl Fredericksen (Ed Asner), a 78-year-old balloon salesman with a head like a lantern but an attitude like a spent match.

Carl recently lost his wife Ellie, the love of his life, whom he had promised to one day take on safari mysterious Paradise Falls in the jungles of South America.

Life interfered, but fate, ingenuity and a nod to The Wizard of Oz get the dream aloft once more, sending Carl and eight-year-old stowaway Russell (Jordan Nagai) on a wild ride.

Up is a story of human bonds remembered and new ones forged, and never for one moment does it seems insincere or contrived.

Not even when a toucan version of Sesame Street's Big Bird shows up and is promptly named "Kevin" by Russell. Kevin has trouble flying, but the movie never does, whether you see it in 3-D or good ol' 2-D.

Extras abound, including a commentary by Docter and Peterson, making-of featurettes and the short films Dug's Special Mission and Partly Cloudy.

In The Loop

Director: Armando Iannucci

"WE, THE PEOPLE," becomes "We, the political weasels" in the backrooms of power in Washington and London, in this relentlessly savage but often very funny political satire by Armando Iannucci, a Scotsman with an Italian name who is known as a comedian and broadcaster over in Blighty.

Based in large part on Iannucci's BBC series The Thick of It, it proceeds from the popular notion, born of bitter experience, that any politician or civil servant will always choose to do the sneaky thing rather than the right thing.

Despite the efforts of PR manager Judy (Gina McKee) and greenhorn political adviser Toby (Chris Addison), bumbling Brit cabinet minister Simon Foster (Tom Hollander) continues to put his foot in his mouth over an impending Middle East war led by Britain and the U.S. (Iraq, anyone?)

It makes for a woozy trip across the Atlantic and it could really bum you out, even as it makes you roar with laughter. Will Obama's "change you can believe in" end this way, too?

Extras include interviews and commentary by Iannucci, Hollander, Capaldi, Addison and McKee, plus deleted scenes and making-of features.

Peter Howell/for Metro Canada

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Nick is sick
The Jonas Brothers were forced to cancel a concert in Switzerland on the weekend. A statement released on Twitter said youngest brother Nick, left, is ill with an upper respiratory infection and was advised not to sing. POPEATER.COM

The high notes, and the low

Canadian bandleader charts his career in a new book

In both music and comedy, timing is everything.

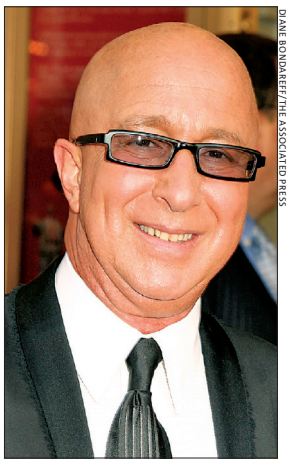
Few know that as well as late-night bandleader Paul Shaffer, whose charmed career took him from childhood synagogue performances in northern Ontario to TV gigs backing Bob Dylan, Gilda Radner, John Belushi, Ray Charles and David Letterman.

But it was a lack of good timing that torpedoed two of Shaffer's biggest opportunities, as the Canadian keyboardist reveals in his recent memoir, We'll Be Here for the Rest of Our Lives.

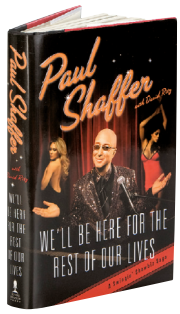
One involved a missed phone call in which Jerry Seinfeld offered him the role of George Costanza in a new sitcom he was pitching, called Seinfeld.

"Jerry's great, but what kind of show could he possibly have?" Shaffer writes in his sprawling, lightheartedcollection of anecdotes. "So I never returned the call. Schmuck."

The other missed opportunity was due to a botched schedule that forced Shaffer to drop out of the Blues Brothers movie, which was packed with soul legends and personal heroes, including James Brown, Ray Charles and Aretha Franklin.



DIANE BONDAREFF/THE ASSOCIATED PRESS



In his new memoir, musician Paul Shaffer, left, reveals he passed up the chance to play George Costanza in Seinfeld.

Shaffer says he was in the middle of helping comedian Radner record an album, when a conflict spawned "a major feud" with Blues Brother star Belushi.

"(Belushi) released a statement to our group on Saturday Night Live (saying) 'Paul Shaffer's out, he's not a Blues Brother, he will never be a Blues Brother,' " Shaffer recalled recently, promoting his book in Toronto.

"And I just felt horrible about … missing the movie of a band that I had so lovingly helped put together. But I did the only thing I could do. Gilda had been such a wonderful friend to me and I just couldn't leave her in the lurch."

In true Canadian fashion, Shaffer's only significant revelations are self-deprecating. The amiable piano man eschews celebrity dirt while name-dropping such scandal-plagued stars as Belushi, Andy Kaufman, John and Mackenzie Phillips, Phil Spector, and Shaffer's boss, Letterman.

"How could I write a tell-all? I mean, there's nothing much to tell, really," says the 59-year-old Shaffer. "People have picked over that history so much — I'm here to just pick up the pieces and tell you how much fun we had …"

He says, like most people, he was stunned by revelations of incest in Mackenzie Phillips' biography, High on Arrival. Shaffer writes of an evening he spent with the teenaged Phillips in 1977, when she complained of listening to people tell horrible stories about her father.

Shaffer acknowledges that "stuff got left out (of the book)." But, he adds, "I'm ready to go with Volume 2. I've got enough stories left over."

THE CANADIAN PRESS

Comedian-rapper Williams in jail facing burglary charges

BEHIND BARS Comedian and rapper Katt Williams remained jailed in suburban Atlanta yesterday after police said they arrested the entertainer for breaking into a home and stealing jewellery and coins.

Williams, 38, is charged with burglary and criminal trespassing, according to Maj. James Yarbrough of the Coweta County Sheriff's Office. A Coweta County magistrate set bond at more than $43,000 yesterday

Williams

Yarbrough said the incident happened Sunday night at a home in Newnan, Ga., about 61 kilometres southwest of Atlanta, when a homeowner called police to report the break-in.

The intruder allegedly had a crowbar and stole $3,755 in jewellery and collectible coins.

Williams, whose full name is Micah S. Katt Williams, is known for his roles in the movies Friday After Next and Norbit. His DVD, Katt Williams: Pimpadelic, was No. 8 on sales charts last month, according to Nielsen/VideoScan.

Williams was sentenced to three years' probation in 2006 for carrying a concealed firearm. He was briefly jailed on weapons charges last November; they were later dropped.

The actor was reportedly in Georgia working on a film. THE ASSOCIATED PRESS

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James Woods alleges negligence in brother's death

LAWSUIT A lawyer for actor James Woods told a jury yesterday that a Rhode Island hospital did not do enough to care for Woods' younger brother when he went to the emergency room complaining of a sore throat and vomiting in 2006. A lawsuit filed by the actor claims Kent Hospital was negligent in caring for Michael Woods, who died at 49 of an apparent heart attack. It's unclear what damages Woods is seeking.

THE ASSOCIATED PRESS

In brief

ENTHUSIASTIC PURCHASE TV Land and TV Guide Network are jointly acquiring basic cable rights to Curb Your Enthusiasm, the HBO comedy series from Seinfeld co-creator Larry David. It will air on TV Guide Network starting in February.

THE ASSOCIATED PRESS

Kenya's Style
Kenya Hunt
Exclusively at metronews.ca/globalstyle

primetime 11/10/09 | news | sports | family | cable variety

DT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	265	353	2	TVO	Parks	Recreat. Eden	The Agenda With Steve Paikin		London Hospital (N)		The Cosmos	The Cosmos	Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	NCIS "Endgame" (N)		NCIS: Los Angeles (N)		The Good Wife (N)		News Final
	-	-	5	SRC	Virginie (SC)	La Facture	Providence (HDTV) (N) (SC)		Aveux (HDTV) (N) (SC)		Le Téléjournal Nouvelles. (SC)		La Zone (SC)
	209	342	6	CHRO	Degrassi: TNG	TMZ (N)	So You Think You Can Dance (HDTV) (N)				The Vampire Diaries		Comedy Now
	196	311	7	CTV	etalk	Hollywood	V (HDTV) (N)		Dancing With the Stars		Law & Order: SVU		CTV News
	208	303	8	CBC	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	Being Erica (N) (DVS)		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	The Biggest Loser (N)				The Jay Leno Show (N)		News
	117	713	10	TVA	Les Gags	Occupation	Caméra café	Taxi 0-22 (SC)	La Promesse (HDTV) (N) (SC)		TVA nouvelles	(10:45) Denis Lévesque	
	-	-	11	QS	Bienvenue	Rire et délire	Les Anges millionnaires		Pratique privée (N) (SC)		Wipe Out	L'Attaque à 5 (N)	
	137	763	12	TFO	Panorama		Un monde de passions		*Les Amants réguliers* ★★ (2005, Drame) Louis Garrel, Clotilde Hesme.				
	-	362	13	CBS	The Insider (N)	Judge-Brown	NCIS "Endgame" (N)		NCIS: Los Angeles (N)		The Good Wife (N)		Two/Half Men
	216	395	14	OMN2	Family Guy	The Office	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Redux China
	214	344	15	CITY	Law & Order: SVU		The Biggest Loser (N)				The Jay Leno Show (N)		News
	115	343	16	CFMT	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere V	Omni News:	The Simpsons	King of the Hill	Metropia
	218	345	18	CHCH	*Summer City* ★★ (1977, Drama) John Jarratt, Mel Gibson.				*Shopping* ★ (1994, Action) Sadie Frost, Jude Law.				News at 11 (N)
	-	361	20	ABC	Action News	Entertainment	V (HDTV) (N)		Dancing With the Stars		Big Stars All Access Nashville		News
	512	396	24	CPAC	In Conversation with Macleans's Conversation avec Maclean's.				Heure polit.	L'Heure politique (SC)		Tête-à-tête	Dossier public
	651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	So You Think You Can Dance (HDTV) (N)				FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	Whiz Quiz	Nova (N) (DVS)		Frontline (DVS)		SS United States: Lady		Charlie Rose
	205	312	104	CTV	etalk	Hollywood	V (HDTV) (N)		Dancing With the Stars		Law & Order: SVU		CTV News
news	502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (Part 1 of 4) (N)		
	406	417	27	net	Overtime	NHL Hockey Edmonton Oilers at Ottawa Senators. (HDTV) (Live)					Sportsnet Connected		Prime Time
sports	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	NHL Hockey Pittsburgh Penguins at Boston Bruins. (HDTV) (Live)					SportsCentre		That's Hockey!	SportsCentre
	410	403	52	SCR	Cabby Unlimit	Score Today	Court Surfing NBA news, scores and highlights.						Score Now
family	411	457	56	OLN	Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters		Bounty Hunter
	417	406	59	SC	Pass Time	NASCAR Hub	Monster Jam (HDTV)		Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pass Time
	554	544	48	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	557	540	51	FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	551	542	65	YTV	Drake & Josh	To Be Indie	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	Prank Patrol	Adrenaline Proj
cable variety	570	580	29	MM	The Daily Fix		Ranked!		Wild 'n Out	Wild 'n Out	High School Reunion		The Daily Fix
	615	520	31	A&E	Criminal Minds (HDTV)		The First 48		Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars
	628	584	32	SPKE	UFC Unleashed		UFC Unleashed		UFC Unleashed		UFC Unleashed		Surviving
	521	560	34	TLC	Jon & Kate Plus 8		Table for 12	Table for 12	18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	Table for 12
	145	761	35	TV5	SOS vétos		Pékin express				Avenirs	Hors série	TV5 Le Journal
	616	521	39	SHO	The Outer Limits		*On the Other Hand, Death: A Donald Strachey Mystery*				Bones (HDTV)		NCIS
	620	523	40	BVO	Making of a	World of M.G. Vassanji		Arts & Minds	The Scotiabank Giller Prize		At the Concert Hall (N)		Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Time Warp (N)		Daily Planet
	575	583	43	CMT	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Wilsons
	601	562	45	SLC	Rich Bride, Poor Bride		Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada
	625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	Blue Collar TV	Daily Show
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*Without a Paddle* ★★ (2004, Comedy)		
	600	564	49	H&G	House Hunters	Property Virgin	HGTV's Top 10	Design Inc.	Pure Design	Genevieve	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium "New Terrain"		Fringe (N)		InnerSpace (N)
	581	566	53	MTV	Peak Season	After	Disaster Date	The City	The City	The Hills	The Hills	After	MTV Live
	618	524	54	TROP	'70s Show	'70s Show	The Outer Limits		ET Canada	Switch	Family Guy	'70s Show	'70s Show
	522	506	55	HIS	Battlefield Mysteries		Convoy: War of the Atlantic		Massacre at Verrieres Ridge		Battlefield Mysteries		Battlefield
	129	773	60	CD	Biographies "Goldie Hawn"		Mayday		Images-chocs		Les Procureurs		National Geo
	261	394	61	V	Murder, She Wrote		Hallelujah!	Dinnerladies	Quantum Leap		Great Souls		Hana-Suitcase
	602	567	62	W	Old Christine	Friends	Friends	Grocery Bag	Beauty	Style by Jury	How to Look Good Naked (N)		Younger
	269	350	70	APTN	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	First Nation	Moose TV	Rez Rides	Moccasin Flats	Short Cuts (N)
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
	603	561	95	FN	Ricardo	Exotic	Restaurant Makeover		The F Word (N)		Good Eats	Good Eats	Iron Chef Am.

critics'corner

At the Concert Hall
This new episode celebrates the Motown sound with an impressive roster of Canadian artists performing the hits that made Berry Gordy's record label a force in the music industry. Performers include Colin James, Divine Brown, Suzie McNeil, Justin Nozuka, Matt Dusk and Justin Hines. 10 PM on 40 BVO

NCIS: Los Angeles
Who shot Callen? The team gets a lead from a surprising source in this new episode. The murder of a Russian woman leads Hanna and company to evidence that answers not only who tried to take Callen's life six months earlier, but why in "Pushback." 9 PM on 13 CBS 3 GTV

The Good Wife
Alicia is representing the daughter of one of the partners in the firm, and her co-counsel on the case, Ryan Alprin, is taking an unusual approach to the defense. Alicia finds both the man and his defense strategy attractive. Christine Baranski and Jos in the new episode "Unorthodox." 10 PM on 13 CBS 3 GTV

Practice makes perfect

The Practice's Marla Sokoloff married Alec Puro, a drummer with the band Deadsy, at an evening ceremony in Beverly Hills on Sunday, people.com reports. "Marla seemed so excited. She and the girls were overheard laughing in the limo," says a witness. METRO NEWS SERVICES

Celebrity Buzz

John opens up on Jett

PROMOTING A MOVIE In his first interview since son Jett's tragic death last January, Scientologist John Travolta says he and his family are relying on almost daily religious counseling sessions to help them cope.

Since the 16-year-old boy died following a seizure, "We've been working very hard every day as a family to heal," Travolta said during a round-table interview with the cast of his latest film, Old Dogs, which also stars wife Kelly Preston and daughter, Ella, 9. "We have our own way of doing it, and it has been helping."

Travolta, 45, said he has been overwhelmed by all the support.

"You need your friends a lot in times like that," he said.

Travolta and Preston declined to comment on an extortion case involving a former Bahamian senator and a paramedic who are accused of demanding $25 million from the family with information about Jett's death. In his extortion trial testimony, Travolta admitted for the first time that his son Jett had autism. He is believed to have kept his son's condition a secret because of the way Scientologists view illness.

A mistrial was declared this past October. A retrial has been ordered

METRO NEWS SERVICES

Kristen keeps the press fiending over Pattinson

HE'S NOT A REAL VAMPIRE Kristen Stewart admits she has no plans for putting speculation about her relationship with Robert Pattinson to rest, claiming that all the attention puts her off.

"I probably would've answered (the romance question) if people hadn't made such a big deal about it," she told Entertainment Weekly yesterday. "But I'm not going to give the fiending an answer. There's no answer that's not going to tip you one way or the other. Think about every hypothetical situation: 'OK, we are. We aren't. I'm a lesbian.'

METRO NEWS SERVICES

Celebrity tweets

Ellen DeGeneres is can't find her stuff and is suffering for it, Rania Al Abdullah knows how to fix everything, Cesar Millan is considering a second career as the Child Whisperer, and John Mayer isn't fazed by the Britney Spears lip-synching controversy.

@TheEllenShow
I still can't find my purse. My lips are starting to get chapped.

@QueenRania
Stop Ignoring the Girls! Start making them count!

@cesarmillan
Does calm-assertive pack leadership work with children as well as dogs?

@johncmayer
If you're shocked that Britney was lip-syncing at her concert and want your money back, life may continue to be hard for you.

METRO NEWS SERVICES

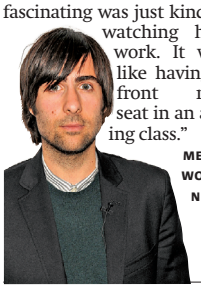
Schwartzman has eyes for George Clooney

IT'S NOT LIKE THAT Jason Schwartzman couldn't take his eyes off George Clooney while filming Fantastic Mr. Fox, femalefirst.co.uk reports.

The Rushmore actor said working with Clooney on the animated film was a bizarre and amazing experience.

"Typically when you're working with someone it's not kosher to just kind of gaze at them because you're usually on camera as well. But when we were sitting around a table with just a recorder, it was really nice for me to be able to look at George," Schwartzman said.

"I admit I might have actually been staring. Obviously, he's a handsome gentleman, but what I found fascinating was just kind of watching him work. It was like having a front row seat in an acting class."



METRO WORLD NEWS

Mayer mocks Britney Spears' fans

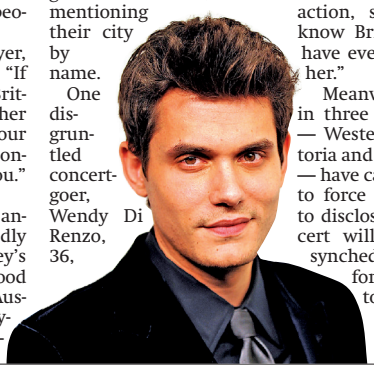
TOO BAD, SO SAD John Mayer has wandered into the controversy plaguing Britney Spears in Australia, where critics in the media have blasted her for lip-synching on her Circus tour, people.com reports.

On the weekend, Mayer, Tweeted the following: "If you're shocked that Britney was lip-syncing at her concert and want your money back, life may continue to be hard for you."

Why all the fuss?

On Friday, about 100 angry fans reportedly stormed out of Britney's concert at the Burswood Dome in the Western Australia city of Perth, saying they were disappointed by the lackluster performance and Spears' lip-synching during her two-hour show.

Spears gave Perth fans a generic welcome, never mentioning their city by name.



One disgruntled concertgoer, Wendy Di Renzo, 36, said she paid $148 for her ticket. "It was so impersonal. She did not interact with her audience," she says. "There were no big TV screens projecting the action, so if you didn't know Britney, you might have even doubted it was her."

Meanwhile, politicians in three Australian states — Western Australia, Victoria and New South Wales — have called for new laws to force music promoters to disclose whether a concert will be live or lip-synched. Spears will perform in Melbourne tomorrow.

METRO NEWS SERVICES

Gibson great at being dad: Oksana

IT IS HIS EIGHTH Given that this is his eighth child, it's no surprise that Mel Gibson knows his way around a baby.

Girlfriend Oksana Grigorieva says that the actor and Oscar-winning director has been a big help.

"He has been very doting and nurturing," she tells Hello magazine.

METRO WORLD NEWS

Rihanna rejects a NY Jets' end run

SHE DOESN'T DRINK THE CHEAP STUFF New York Jets star Braylon Edwards got quite the harsh rejection from Rihanna at a club in Hollywood recently.

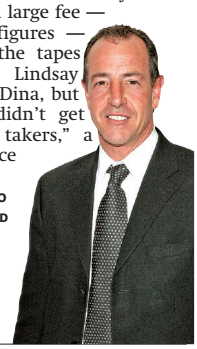
Edwards sent a $10,000 bottle of champagne over to the singer's table at the Bank at Wonderland nightclub, but Rihanna quickly sent it back.

METRO WORLD NEWS

Dad selling tapes of phone calls with Lindsay

HE'S UP FOR FATHER OF THE YEAR AGAIN Michael Lohan has apparently been so keen on sharing information on daughter Lindsay Lohan that he was looking to sell tapes of phone calls between them as well as her mother, Dina Lohan, according to Page Six.

"Michael initially asked for a large fee — six figures — for the tapes of Lindsay and Dina, but he didn't get any takers," a source says.



METRO WORLD NEWS

Beckham set to launch modeling agency

DAVID WHO? Victoria Beckham has her sights set on another line of work.

The former Spice Girl is reportedly planning on launching a modeling agency alongside British manager Simon Fuller, according to the Daily Mail.

"Simon knows that Victoria is very savvy when it comes to fashion," a source says.

"His first foray into fashion was to team up designer Roland Mouret and Victoria, which was a huge success. Victoria is a key asset to Simon and he wants her to take on a major role."

Fuller, a multi-millionaire owns 19 Management, along with a 51 per cent stake in Storm Models — and is reportedly planning a similar venture stateside. The agency is expected to be based out of New York.

METRO WORLD SERVICES

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Wednesday Sunny 7° / -3°

Thursday Variable 7° / 1°

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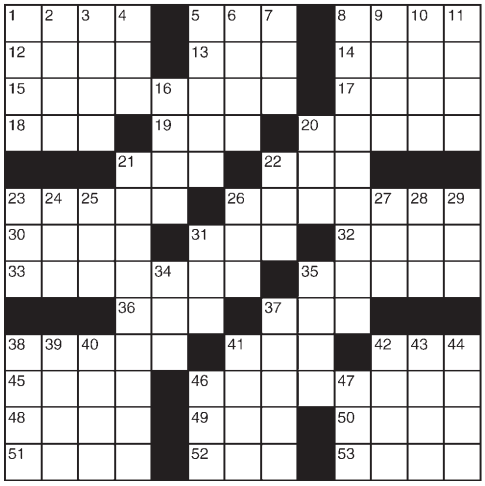
For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1 The third man
5 Sling contents
8 Commanded
12 Mrs. Dithers, in "Blondie"
13 Cattle call
14 Neighborhood
15 "I've Been Everywhere" singer
17 Penpoints
18 Before
19 That guy
20 Take to the rink
21 Bill's partner
22 Autumn mo.
23 Accustom
26 Virginia crop
30 Couch
31 Mandible
32 "Once — a time, ..."
33 Having tines
35 Dish
36 "Krazy —"
37 Collection
38 Spingarn Medal org.
41 See 29-Down
42 Sch. grp.
45 Earthen pot
46 Bread-and-butter note's message
48 Beavers' structures
49 Pick a target
50 Press
51 Being, to Brutus
52 Recipe meas.
53 Fender flaw

DOWN

1 Be sore
2 Sow's mister
3 Sea eagle
4 "Mighty — a Rose"
5 Task for an ob/gyn
6 Leeway
7 Do some yard-work
8 Safe place for lots of money
9 Operatic solo
10 Credit card aftermath
11 Relaxation
16 Old woman's home?
20 Weep loudly
21 Shaft's housing
22 Present
23 Kreskin's claim
24 "— iron bars a cage"
25 Venusian vessel?
26 Slight amount
27 Bookkeeper (Abbr.)
28 Barracks bed
29 With 41-Across, boxing ploy
31 Lustrous black
34 Space
35 Laborer
37 Morass
38 Protuberance
39 "Woe is me!"
40 Charitable donation
41 Anything but that
42 Combustible heap
43 Roger Rabbit, e.g.
44 Family member
46 Make lace
47 Tease

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			4			5		
8		7		1			3	
5			2			7		
		1		4	5			7
	3						1	
6			3	9		8		
		4			6			2
	6			3		1		5
		9			8			

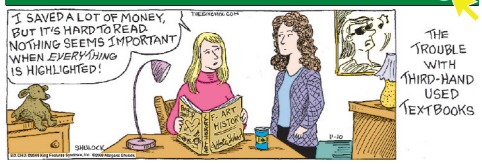
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

O	R	E		O	T	T	C	A	L	F
D	E	L	I		F	E	E		O	R	E	O
D	I	S	C		F	A	X		E	M	I	R
S	N	E	E	R		K	A	H	N			
			C	A	B		S	U	B	T	L	E
C	A	R	R	Y	O	N		G	R	O	A	N
A	L	O	E		W	E	B		O	U	Z	O
I	S	A	A	C		W	A	S	T	R	E	L
N	O	R	M	A	L		D	O	H			
			C	R	A	B		N	E	R	V	E
J	U	D	O		D	E	N		R	U	E	S
A	K	I	N		L	E	O		S	N	I	P
G	E	N	E		E	R	R			E	L	Y

7	4	6	3	2	8	5	1	9
9	1	2	6	5	7	4	3	8
8	5	3	1	4	9	2	7	6
5	8	4	2	1	3	9	6	7
2	9	7	5	8	6	1	4	3
3	6	1	9	7	4	8	2	5
6	2	9	4	3	5	7	8	1
4	7	5	8	6	1	3	9	2
1	3	8	7	9	2	6	5	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Thyme Chicken with Roots

INGREDIENTS:

2 lbs (1 kg) floury potatoes, peeled and cut into large chunks
4 baby parsnips, peeled and quartered lengthwise
4 carrots, peeled and cut in half lengthwise
1 red onion, quartered
4 tbsp (60 ml) olive oil
1 tbsp (15 ml) clear honey
1 orange, quartered
4 chicken breast fillets, with skin
A few sprigs of fresh thyme or rosemary, or 2/3 tsp (2 ml) dried

METHOD:

1. Preheat oven to 375°F (190°C). Parboil potatoes 5 minutes, then drain. Return potatoes to pot, cover and shake vigorously to roughen edges.
2. Lay potatoes, parsnips, carrots and onion in large roasting pan. In small bowl, mix oil, honey and squeezed juice from orange quarters. Drizzle over vegetables and toss to coat evenly. Slash skin on chicken fillets with sharp knife, then place among vegetables with squeezed orange quarters. Season and poke in herb sprigs, or sprinkle with dried herbs.
3. Roast chicken and vegetables in oven, turning vegetables over from time to time, 1 hour or until chicken is golden and cooked through and all vegetables are tender.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You have always been a free spirit and today, more than most days, you will be a lot less inclined to take orders from people you do not respect.

TAURUS ♉
APRIL 21-MAY 21
This is a great day for getting things done. With the Sun aspecting Jupiter, planet of expansion, there is nothing you cannot do.

GEMINI ♊
MAY 22-JUNE 21
Confusion could easily turn to anger today if someone tries to give you the runaround and get you to change things you had already agreed on.

CANCER ♋
JUNE 22-JULY 22
Anyone who thinks you are indecisive will be forced to think again today as you take brave decisions left, right and centre.

LEO ♌
JULY 23-AUG 23
With the Sun squaring up to Jupiter today you may think there is nothing you cannot do, and you may be right, but don't bite off too much in one go.

VIRGO ♍
AUG 24-SEPT 22
Don't let anyone come between you and your goals. You have absolute faith in your own abilities.

LIBRA ♎
SEPT 23-OCT 23
If you have something to say, something you suspect won't go down well, it might be wise to hold back until later in the week.

SCORPIO ♏
OCT 24-NOV 22
You have several interesting social invitations to choose from today but one stands out above the rest.

SAGITTARIUS ♐
NOV 23-DEC 21
Act quickly and decisively today and you will resolve a problem that has been around for too long.

CAPRICORN ♑
DEC 22-JAN 20
You may want to be friends with everyone but according to the planets you will have to get tough today with someone who has let you down.

AQUARIUS ♒
JAN 21-FEB 18
Something out of the ordinary will happen today, something that takes you by surprise and compels you to rethink your plans.

PISCES ♓
FEB 19-MARCH 20
It might be wise to steer clear of topics that are contentious today. Someone in your social or professional circle is itching for an excuse to start a fight.

TAKE A BREAK FROM WORK

Visit metronews.ca to watch metrotube of the day

This day in history

1871: Henry Morton Stanley locates missing explorer and missionary, Dr. David Livingstone in Ujiji, near Lake Tanganyika, allegedly greeting him with the words, "Dr. Livingstone, I presume?"
1954: U.S. President Dwight D. Eisenhower dedicates the USMC War Memorial (Iwo Jima memorial) in Arlington National Cemetery.
1958: The Hope Diamond is donated to the Smithsonian Institution by New York diamond merchant Harry Winston.
1975: The 729-foot-long freighter SS Edmund Fitzgerald sinks during a storm on Lake Superior, killing all 29 crew on board.

METRO NEWS SERVICES

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Samana via Toronto
Gran Bahia Principe El Portillo • 4 1/2★
All-Inclusive • Standard rm.
Dec. 19 & 20 • 1 wk.
$999
+Taxes & other fees (including service charges): $317

Santa Clara
Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
Dec. 20 • 1 wk.
$1299
+Taxes & other fees (including service charges): $212
Departure tax: 25 CUC cash, paid locally

Orlando via Toronto
Disney's Pop Century Resort • 3★
Special offer 3 – Standard rm.
and 7-day Magic your way base ticket
Jan. 11 & 12 • 1 wk.
$899
+Taxes & other fees (including service charges): $140

Jamaica
Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Jan. 2, 9, 23 & 30 • 1 wk.
PRIVILEGES
$1299
+Taxes & other fees (including service charges): $265

Occidental Royal Hideaway Ensenachos • 5★
All-Inclusive
Royal Hideaway Spa
Jan. 10 & 17 • 1 wk.
PRIVILEGES
$1349
+Taxes & other fees (including service charges): $212
Departure tax: 25 CUC cash, paid locally

La Romana via Toronto
Gran Bahia Principe La Romana • 4 1/2★
All-Inclusive • Junior suite
Dec. 19 • 1 wk.
$999
+Taxes & other fees (including service charges): $317

Iberostar Rose Hall Beach • 4 1/2★
All-Inclusive
Standard garden view rm.
Jan. 2, 9 & 23 • 1 wk.
$1399
+Taxes & other fees (including service charges): $265

Turks and Caicos
Ocean Club Resort • 3 1/2★
Studio suite
Dec. 21 • 1 wk.
$1499
+Taxes & other fees (including service charges): $225

DEAL to EUROPE

London
Hotel Ibis London Earls Court • 3★
Standard rm. special
Dec. 10 • 4 nts.
$597
+Taxes & other fees (including service charges): $395

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